

## Impact of Pregnancy On Eating Behaviors

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### INTRODUCTION:

Pregnancy is a decisive phase of women's cycle of life that may change previous adaptations. Most studies evaluating the course of eating disorders (ED) symptoms have reported a worsening of symptoms during pregnancy.

### OBJECTIVES:

Evaluate the impact of pregnancy on eating behaviors.

### METHODS:

Our study, cross-sectional, descriptive was conducted on 60 pregnant women consulting in the department of gynecology and obstetrics of Sfax. For each patient we met:

- A record socio-demographic and clinical data.
- The SCOFF questionnaire, asked for two distinct periods: before and during pregnancy.

### RESULTS:

The average age of pregnant women was 29,7 years (21-44 years old). Half of them were in the third quarter (51%).

Before pregnancy, 27.5% of women were at risk for developing ED. This number rose to 47.1% during pregnancy. We found no significant difference between the terms ( $p = 0.5$ ).

The first item pertaining to concerns about food, had the most positive responses: 13,7% before and 54,9% while pregnancy.

The third item pertaining to weight loss practices, had the lowest percentage of positive responses, especially for the period of pregnancy: 31,4% before and 3,9% during pregnancy.

### CONCLUSION:

Our study shows an increase in the prevalence of eating disorders during pregnancy. We know that pregnancy can be the trigger for eating disorders or obesity. Clinicians should deal with women on the subjects of their eating habits and their new feelings about their bodies, to relieve the suffering of the mother and reduce the risk of danger to the coming baby.