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Poster Presentation

The Effect of Stress and Anxiety During Pregnancy

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Abstract

Stress is a word that can be used to explain the way we feel, or it can be used to describe something that happens to someone. For most pregnant woman, pregnancy is a happy and breathtaking time, however, pregnant for some woman can be a source of stress, depression and anxiety. These factors can be risk factors for adverse outcomes for mothers and children. Anxiety in pregnancy is associated with shorter gestation, higher incidence of preterm birth, smaller birth weight and has adverse implications for fetal neurodevelopment and child outcomes. These detectable risk factors and related pathways to distinct birth outcomes suitableness further investigation. Although, there are no direct neural pathways between the mother and fetus, so scientists have regarded for more indirect pathways to comprehend how a mother's level of stress and anxiety may impact her baby. One feasible mechanism is through stress hormones. When our body goes into a state of stress, a chain of chemical changes operate in our bodies and brains, such as the release of adrenaline and cortisol. Chronic or extreme maternal stress may cause changes in the blood flow to the baby, making it difficult to carry oxygen and other important nutrients to the baby's developing organs. It is vital to identify the symptoms, signs and diagnostic thresholds to increase efficient, effective and ecologically valid screening and intervention strategies to be used widely.

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