

ORIGINAL PAPER

Contributing Factors Affecting Body Satisfaction among Pregnant Women with an Emphasis on Self-Esteem and Depression

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Abstract

Body image is one of the important aspects of mental health, which could be result to health consequences. Multiple factors are contributed in body image disturbances. Pregnancy due to hormonal changes and body changes disturb body image, self-esteem and also increase depression susceptibility. Body dissatisfaction can lead to attempts to improve the image and many of these compensatory attempts such as weight loss that are followed by serious consequences for the health of mothers and children.

Aim: The aim of the current study is the evaluation of body satisfaction and its relationship with certain indicators of mental health such as depression, and self-esteem in pregnant women.

Methodology: In this cross-sectional study of 255 pregnant women referred to health centers were studied by using of standard questionnaires regarding body satisfaction, the Beck Depression Inventory) the self-esteem Rosenberg questionnaire. Results were analyzed using SPSS-16 software.

Results: The mean age of participants was 29.13 ± 6.39 . About half of those reported dissatisfaction with their bodies. Approximately 30% of individuals with different degrees of depression were noted. The relationship between depression and low self-esteem with body image was significant and negative.

Conclusion: Planning to improve the mental health of girls and young women from adolescence is recommended to prevent health problems in the future.

Key words: body satisfaction, depression, self-esteem, pregnant women, Kerman