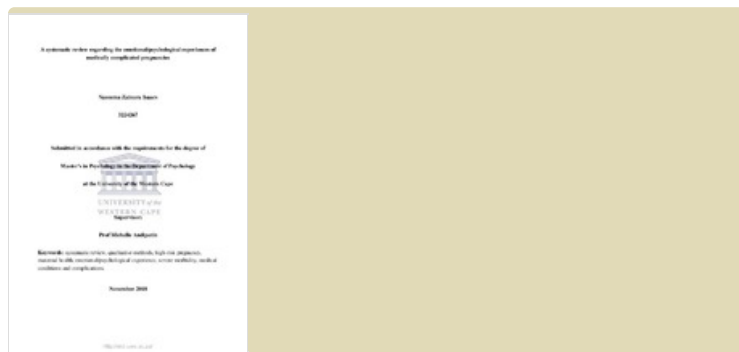


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## A systematic review regarding the emotional/psychological experiences of medically complicated pregnancies

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**Author**

Isaacs, Nazeema Zainura

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Over time, the 'normal' experience of pregnancy transitioned to the hospital setting, leading to a discourse steeped in the notions of risks and complications. Risks and complications refer to health problems expectant women may experience, causing them to have a high-risk pregnancy. High-risk pregnancy refers to a pregnancy that negatively affects the health of the mother, the baby, or both, and evoking a range of emotional and psychological experiences. Research on high-risk pregnancy is predominantly found in the medical arena. Such research usually concerns the disease, while women's emotional/psychological experiences are not sufficiently documented. For this reason, the objectives of this study was to explore the emotional and psychological experiences of women in the reviewed articles throughout their high-risk pregnancies, and identify the medical conditions and complications in the same reviewed articles. Ethics clearance was obtained from the senate research committee at UWC. The systematic review examined qualitative studies, including the qualitative components of mixed method studies published between January 2006 and June 2017. The databases that were searched are EbscoHost, JSTOR, Sage Journals Online, ScienceDirect, SpringerLink, Sabinet, Scopus, Emerald eJournals Premier, Pubmed, as well as Taylor and Francis Open Access eJournals. The study evaluated the literature found on these databases for methodological quality by using three stages of review (i.e. abstract reading, title reading, and full-text reading) and applying a meta-synthesis to the current evidence on the research topic. The findings provide empirical evidence based on sound research that medical conditions and complications (i.e. HELLP syndrome, thrombophilia, gestational diabetes, maternal near-miss syndrome, foetal abnormality, preterm birth, hypertension, and uterine rupture) are associated with women's emotional and psychological experiences (i.e. fear, shock, feeling frightened, sadness, worry, alienation, frustration, grief, guilt, anger, ambivalence, despair, upset, loneliness and isolation, anxiety, depression, and PTSD) throughout their high-risk pregnancies. As a result of this, survivors of severe pregnancy complications have subsequent psychological and emotional challenges. It is therefore recommended that future researchers consider including quantitative studies in a systematic review on the same topic.

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"Pregnancy is a transition point in a woman's life and during any transition, a person's emotions can be up and down," Kimmel told Live Science. She said that some women's emotions don't change that much when they are expecting, but it's not unusual for women to have mood swings, especially during the early and late stages of pregnancy. It's not entirely clear why these mood fluctuations occur, Kimmel said, because a number of changes are happening in a woman's body, and they are all tied to her emotions. She explained that on a biological level, both the anxiety and fear systems in the brain ramp up during pregnancy. These changes help ensure that a woman keeps her baby safe, cared for and protected after she gives birth. The psychological pregnancy, also known as Pseudocyesis, is a psychological disorder characterized by the belief that a person has to be on tape when in fact it is not. It is a response that the organism makes regarding an emotional state. And this response of our body, as its name suggests, manifests itself through the symptoms that a totally normal pregnancy could contain. In this article I will talk about this strange phenomenon, making a review about the symptoms, the causes and the treatment that can be done to remedy a psychological pregnancy, Continue reading if you are interested in t

Medical research on high-risk pregnancy abounds, while women's emotional/psychological experiences are not sufficiently documented, and hence much less attention and/or programming is directed to support women with high risk pregnancies. Methods: The aim of this review is to present published evidence of how studies reported on the emotional and psychological experiences of a woman's high-risk pregnancy journey. The systematic review examined qualitative studies over a 10 year period that were published between January 2006 and June 2017. These studies were identified on 10 databases