



**Tehran University of Medical Science
International Campus
Nursing and Midwifery School**

Title:

**The effect of Yoga on weight gain and maternal anxiety in
women with excessive gestational weight gain**

“A thesis submitted as partial fulfillment of the requirement for Master of Science (MSc)
Degree In Midwifery”

By

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ABSTRACT

Objective: Excessive gestational weight gain (EGWG) [i.e., weight gain exceeding the Institute of Medicine (IOM) recommendations] occurs in 50% of U.S. pregnant women. Also, Recent studies in Iran indicated that only 30–40% of pregnant women gain weight within the normal range. EGWG may lead to adverse health risks for the mother and infant including delivery complications. Yoga during pregnancy may be a feasible (i.e., acceptable, preliminary effective) strategy to prevent EGWG in pregnant women. yoga is a unique activity that not only aims to improve the physical health of the practitioner but also their psychological (e.g., depressive symptoms, stress, anxiety) and emotional health.

Design and setting: This were a randomized control clinical trial study to determine the effect of 6 weeks of yoga on weight gain and maternal anxiety in 88 pregnant women referring to comprehensive health centers in Qom women with excessive gestational weight ga in .in the year2022. Convenience Sampling was used. The data were collected through two questionnaires a demographic information questionnaire and a State-Trait inventory (STAI) questionnaire and weight measurement using a research-grade scale (sca 700 weight scale). data were analyzed using SPSS software version 22. In addition, any level lower than 0.05 was considered significant for all the analyses. Statistical tests such as independent t-test, and chi-square, were also conducted.

Results: The average weight gains between the two intervention and control groups, at the first second, third, fourth, fifth, and sixth weeks after the intervention, had a statistically significant difference and was lower in the intervention group than in the control group.

. So that the amount of weight gain in the intervention group was lower than the control group. Also, there was a significant difference in both anxieties after the intervention between the two groups, that the amount of both anxieties in the intervention group was lower than in the control group.

Conclusion: The results of the present study showed that yoga can have a positive effect on the consequences of pregnancy, including anxiety and weight gain during the pregnancy. Since weight gain and maternal anxiety during pregnancy can have adverse consequences for the mother and fetus, it is necessary to prevent or reduce their occurrence in pregnant women as much as possible. Considering the conditions and physical condition of women in this era and considering that they cannot do heavy sports, yoga can be a good and useful alternative for them

Keywords: Yoga. pregnancy, weight gain, anxiety, perinatal care