

Comparing antenatal and postnatal quality of life, continence, or psychological distress

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Background & Aims of Study

- Pregnancy and the postnatal period may be associated with changes in physical functioning, urinary symptoms, psychological wellbeing, and physical activity
- Aim: compare health-related quality of life, urinary-incontinence severity, depression, anxiety, and stress, between antenatal and postnatal women.

Study Design, Materials & Methods

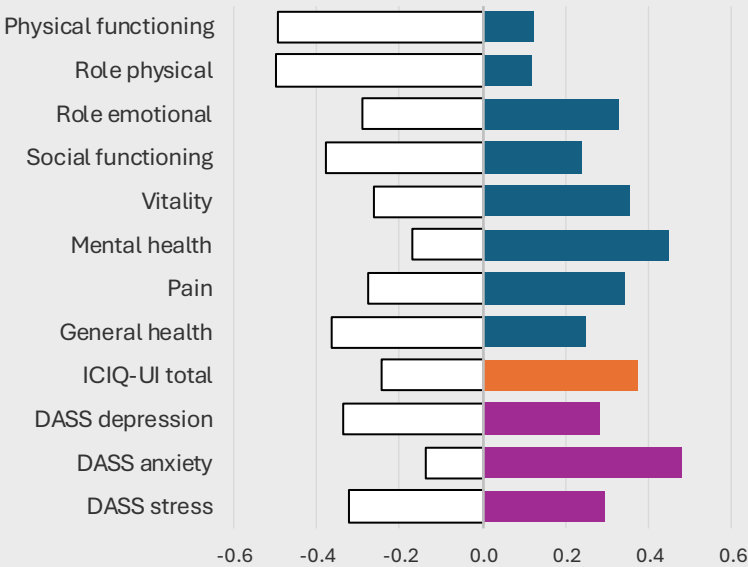
- Comparative study; N = 198 enrolled (120 antenatal, 78 postnatal)
- Measures: SF-36 (8 domains); ICIQ-UI-SF; DASS-21 (depression, anxiety, stress)Covariates: age, education, employment, income, household size, gravidity, number of children.

Results

- Quality of life (SF-36), incontinence severity (ICIQ-UI-SF), and psychological distress (DASS-21) were comparable between antenatal and postnatal women across all outcomes measured; effect sizes were small and every 95% CI crossed zero. Anxiety is higher among antenatal women compared to postnatal women.

Effect Sizes by Outcome

(Hedges g, antenatal – postnatal; bars = 95% CI)



Conclusion

- Health-related quality of life, urinary-incontinence severity, and psychological distress did not differ meaningfully between antenatal and postnatal women in this sample
- Physical activity findings were inconclusive and highly sensitive to missing-data handling; this mirrors genuine disagreement in the published literature on postpartum-vs-pregnancy activity trends, so screening and counselling should not assume a default direction of change without objective measurement