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2022/2023 PhD Thesis Abstract

Department of Nursing Science

RFN: Ololade Omolayo FADIPE

RD: Nursing Science

RS: Nursing Sciences

RE: fadipe2606@pg.babcock.edu.ng

RAE: ladirola@yahoo.com

RP: 08033248706

RT: Effect of Hypertensive Disorders on the Mental Health of Pregnant Women in Lagos State, Nigeria

MS: Prof. John O. SOTUNSA

ME: sotunsaj@babcock.edu.ng

SP: 08036009740

CS: Dr. Christiana OWOPETU

CE: owopetuc@babcock.edu.ng

CP: 08070253032

AB: Hypertensive disorders in pregnancy encompass a range of conditions that affect blood pressure levels in expectant mothers. These disorders pose significant health risks for both the mother and the developing fetus. Pregnant women with hypertensive disorders may experience heightened levels of anxiety, depression, and overall psychological distress. Hypertensive disorder can have negative impact on the outcome of pregnancy which may include low birth weight, prematurity, birth asphyxia, eclampsia, pulmonary embolism as well as maternal and fetal death. The presence of mental health challenges in a woman with hypertensive disorder in pregnancy could further complicate pregnancy outcomes. However, studies indicate that little attention has been paid to the effect of hypertensive disorders on the mental health of pregnant women in Lagos, Nigeria. This study, therefore, explored the effect of hypertensive disorder on the mental health of pregnant women in Lagos State, Nigeria.

This study adopted longitudinal research design. Six Maternal and Child Centers were randomly selected across the three senatorial districts in Lagos State and 300 eligible pregnant women were recruited from 20 to 24 weeks (second trimester) at each study site to meet the minimum sample size of 1,800 participants with 90.6% response rate. A validated questionnaire with Cronbach's alpha co-efficient ranging from 0.85 to 0.95 was used for the data collection. The questionnaire and Beck's Depression inventory were administered at recruitment, third trimester,

delivery and postpartum. The blood pressure values were extracted from the nurses' record and pregnancy outcome extracted from hospital records. The data collected were analyzed using descriptive and inferential statistics at $p \leq 0.05$.

The findings revealed the prevalence of hypertension at second trimester, third trimester, delivery and postpartum as 8.1%, 11.6%, 11.8% and 12.4%, while the prevalence of mental health disorders were 53%, 55%, 54% and 55% respectively. The factors associated with the development of mental health among pregnant women with hypertensive disorders include type of marriage, living with spouse, participant's working status, finance, single parent and unwanted pregnancy ($X^2 = 27.52, p < 0.05$). The greatest percentage of mental disorder based on severity occurred at the third trimester for mild (30%) and severe (7%), while at delivery moderate mental disorder was highest (28%). Though there was increase in preterm birth, caesarean delivery, low Apgar Score at five minutes, postpartum haemorrhage, Neonatal Intensive Care Unit (NICU) admission where hypertensive and mental disorder in pregnancy occurs, there was positive significant association with reduced birth weight ($X^2 = 7.98, p < 0.05$).

The study concluded that hypertensive disorders during pregnancy impaired the mental health of pregnant women in Lagos State, Nigeria. The study recommended that mental health care should be integrated into the antenatal care protocol.

Keywords: Gestational-Age, Hypertension Disorder, Mental Health Disorders, Pregnant Woman, Trimester.

Word Count: 439

Abbreviations: RFN: Researcher's Full Name, RD: Researcher's Department, RS: Researcher's School, RE: Researcher's Email, RAE: Researcher's Alternate Email, RP: Researcher's Phone Contact, RT: Registered Title, MS: Main Supervisor, ME: Main Supervisor's E-mail Address, SP: Main Supervisor's Phone Contact, CS: Co-Supervisor, CE: Co-Supervisor's E-mail Address, CP: Co-Supervisor's Phone Contact, AB: Abstract

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