

Summary

Quality of Life of Women during Pregnancy

Introduction: Our research of quality of life went the way of investigation of general questions (comparison of countries, regions; comparisons of influences of various illnesses and different ways of treatment on the quality of life) mainly at the group of adult people. Problem of the quality of life, not paid so much attention so far (both in our country and abroad), is the quality of life of healthy women during their physiological pregnancy. So far only the interest in the quality of life of women during their high-risk pregnancy prevailed.

Objective: This dissertation tries to find answers to questions how a pregnant woman will specify and evaluate her quality of life; which variables will influence her quality of life during physiological pregnancy? Will the quality of life of pregnant women be comparable to that of healthy nonpregnant women and how will the quality of life change in time, during pregnancy?

Methods: Longitudinal prospective and retrospective research was used. In this research qualitative and quantitative methods were combined in the context with objectives. For the qualitative stage of the research we opted for the method of discussion in focus groups. And we made a choice of two questionnaires for the quantitative stage: generic questionnaire WHOQOL-BREF standardized for the Czech population and our original, newly constructed specific questionnaire QOL-GRAV. For retrospective study, apart from these two questionnaires mentioned above, we also used individualized SEIQOL questionnaire. We compared healthy women during their physiological pregnancy with healthy nonpregnant women.

Results: Casual model detected variables, which conceptualize quality of life of healthy pregnant women and indicate the most important influences affecting the quality of life during pregnancy. We used acquired data to create specific 12-item questionnaire QOL-GRAV. Based on factor analyses (PAF) we created one evaluation scale which has 9 items with stable high loadings on the first factor and satisfactory internal consistency. The concurrent validity of the new questionnaire: correlations between our new pregnancy scale and domains of WHOQOL-BREF questionnaire are mean and they prove that the new, shorter scale measures similar variables. We found that the quality of life of pregnant women changes during particular trimesters of gravidity. There was a significant difference both among all domains of generic questionnaire in particular trimesters and among data acquired by the single specific pregnancy scale of the new questionnaire in particular trimesters.

Conclusion: Presented quality of life of pregnant women was higher than in the group of nonpregnant women and the influence of some variables was proved. These variables are: age, education, occupation and marital status. The quality of life during the pregnancy was changing in particular domains of both WHOQOL-BREF and QOL-GRAV. The lowest quality of life was in the third trimester and the highest in the second trimester; it was also reflected in retrospective evaluation done by women with hindsight, after delivery. We managed to create and prove the new, specific questionnaire QOL-GRAV for evaluation of the quality of life of pregnant women with physiological course of pregnancy.