

Journal: [IRANIAN JOURNAL OF OBSTETRICS, GYNECOLOGY AND INFERTILITY](#)
[APRIL-MAY 2010 , Volume 13 , Number 1](#); Page(s) 7 To 12.

Paper: **ASSOCIATION BETWEEN SPONTANEOUS ABORTION AND GENERAL HEALTH CONDITION**

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Abstract:

Introduction: Spontaneous abortion is the most common complication of pregnancy. However, the effects of abortion on mental health remain controversial. The purpose of this study is to assess the relationship between spontaneous abortion and general health outcomes.

Methods: In this cohort study, the General health questionnaire 28 (GHQ-28) were administered for 500 women in early stage of pregnancy referring to state clinics of Semnan city between 2007-2008. These women were followed afterwards on a monthly schedule. 98 abortions have occurred among these women who were once more fulfilling the GHQ-28 one month after abortion. Another 98 women were randomly selected from those who experienced no abortion until 20th week of gestational age to answer the GHQ-28 as control group. Statistical analyses were performed using t-test, Chi Square, Fisher exact tests and Logistic regression.

Results: Mean (\pm SD) age in abortion group was 26.3 ± 6.1 , whereas in control group was 25.4 ± 5.8 years, which were not statistically significant. There was no significant difference between two groups in their number of previous pregnancies, living children, previous abortions and education levels. Abortion has significant effect on incidence of somatic disorder (OR=34.7, P=0.027), anxiety and sleep disorder (OR=5.0, P=0.043), depression (OR=11.5, P=0.027) and general health condition after-abortion (OR=10.2, P<0.001). While on the contrary, abortion did not have any significant effect on social function. GHQ-28 means score in the case group before abortion and after abortion was 22.6 and 29.4 respectively. However, mean score in the control group was 22.5 and 21.5, respectively before and after 20th weeks of gestational age. Changes in mean health scores of two group were significant (P<0.001).

Conclusion: Psychological support of women with abortion for improves their quality of life is a necessity.

Keyword(s): SPONTANEOUS ABORTION, GENERAL HEALTH, MENTAL HEALTH, QUALITY OF LIFE, GHQ28