B1-12: A Secondary Data Analysis of Smoking Status, Everyday Stressors, and Social Support Throughout Pregnancy

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Abstract Categories:
Research Interest Groups (RIGs): Parent-Child
Thematic Areas: Perinatal/Neonatal/Infancy

Abstract:
Introduction: Is there a relationship between smoking status, stress, and social support during pregnancy? In 1999, 24.5% of pregnant women in Kentucky smoked during their pregnancy, versus 12.6% nationwide. Smoking during pregnancy is linked to poor pregnancy outcomes such as preterm birth and low birth weight (CDC 2006). This data analysis examines the relationship between maternal smoking, stress, and social support. Specific Aim 1: To compare smokers versus nonsmokers, stress, and social support in the 1st and 3rd trimesters of pregnancy. Specific Aim 2: Examine the smoking group in the 1st and 3rd trimesters to see if smoking status is altered by changes in stress and social support.

Method(s): The CCOST database, used for the data analysis, is from a prospective cohort study of pregnant women with repeated measures design. The sample is a multiethnic population of 90 pregnant women, recruited using quota sampling from 4 University of Kentucky prenatal clinics. Smoking status was measured using urine cotinine levels. The Everyday Stressors Index (ESI) and Autonomy and Relatedness Inventory (ARI) were used to measure stress and social support. Data analysis was conducted using Statistical Package for the Social Sciences and Statistical Analysis System software. T-tests were performed to determine if mean ESI and ARI scores differed according to trimester and smoking status.

Results: 51.9% of the 1st trimester participants were nonsmokers, and 48.1% were smokers. In the 3rd trimester both smokers and nonsmokers comprised 50% of the sample. The ESI mean scores in the 1st trimester were 9.7 for nonsmokers and 15 for smokers. The ESI mean difference is statistically significant (p = .007). The 3rd trimester T-test for ESI correlation was not significant. There are no statistically significant differences in the ARI mean scores between smokers and nonsmokers.

Discussion & Conclusions: The data suggests that higher levels of stress correlate with a positive smoking status, therefore it is vital for cessation programs to incorporate stress management in their curriculum. By teaching coping mechanisms, clients will gain tools to deal with stress and combat smoking. Further analysis is indicated once the majority of the participants have completed the 3rd trimester surveys.

Abstract History:
This abstract has been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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