

Presentation of an health determinants model in gestational period

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To test an explanatory model of health determining factors during the pregnancy period. Independent variables: Bonding and attitudes about Pregnancy and Maternity. Intermediate variable: Coping global resources. Dependent variable: Psychopathology.

Inclusion criteria: confirmed pregnancy, with a pregnancy period over 12 weeks and less than 28, with no reported history of mental disorder.

Partakers: 293 women

Instruments: Adult Attachment Scale (AAS), Attitudes to Pregnancy and Maternity Scale, Troubleshooting Inventory and Psychopathological Symptoms Inventory.

The multi-way study of multiple regression has shown that the model explains 57% of the total variance and that both the bonding and the attitudes constitute themselves as mental health protection mechanisms. The coping resources, more than just acting directly upon the psychopathological symptoms, act throughout the relation they create with bonding and attitudes.

The results conduct to a meditation about the importance of health care during pregnancy, developing guidelines for the involvement.