

## Original Paper

# Comparing the health status of women with wanted and unwanted pregnancy

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### Abstract

**Background and Objective:** Unwanted pregnancy can have negative impacts on maternal health. The aim of this study was to compare the health status of women with wanted and unwanted pregnancies in Kerman, Iran.

**Materials and Methods:** This case – control was performed on women with wanted (100 cases) and unwanted pregnancies (100 cases) whom referred to health centers in Kerman, Iran during 2010. The tool for data collection included a demographic questionnaire, short form 36 health survey (SF36) and a researcher-made pregnancy's physical health. Validity and reliability of the questionnaires were assessed initially prior to study procedure. Data was analyzed by using SPSS-16, Chi-Square, T Student and Mann-Whitney tests.

**Results:** Women with unwanted pregnancies had lower scores for physical and mental health, vaccination and supplement consumption, prenatal care and personal health than women with wanted pregnancies ( $P<0.05$ ). Women with unwanted pregnancies had more complications and high risk behavior compared to unwanted pregnancies ( $P<0.05$ ).

**Conclusion:** This study indicated that unwanted pregnancies are accompanied with physical and mental health. Thus, special counseling and extra care measures is recommended during unwanted pregnancies. Pregnancy

**Keywords:** Health, Unwanted Pregnancy, Prenatal care, Mental Health, Physical health

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