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Morning sickness and its associated factors among young adults of Karachi, Pakistan**Maha Akhter**

Dow University of Health Sciences, Pakistan

Objective: A large number of studies are available with an account of morning sickness in pregnancy known as Hyperemesis Gravidarum, but up to our knowledge, no study has been conducted which has determined the association of morning sickness in general non-pregnant population. For the same reason, this study was planned to determine the frequency and associated factors related with morning sickness among young adults, of Karachi, Pakistan.

Methods: A cross-sectional, descriptive study was conducted from June-August 2016 at Dow University of Health Sciences (Ojha campus), and University of Karachi, Pakistan using non-probability convenience sampling. Self-administered questionnaires were filled by the participants from both the institutions. The inclusion criteria was people having 18-35 years of age of either gender with at least 16 years of education, while pregnant women (or those with history of pregnancy) or individual with other known medical issues were excluded. Total of 450 participants responded. Out of them, 237 were Healthcare professionals/students and 214 were from other non-health related fields. Data was analyzed using SPSS v 16, and associations were tested using Chi square test taking $p < 0.05$ as significant level.

Results: The prevalence rate of morning sickness in this study was 71% ($n=316$). Awareness about morning sickness was 48% ($n=215$) and it was statistically related with Field of study ($p=0.01$). The common symptoms reported in this study were 'Nausea and Headache (42% $n=132$)' and 'Dizziness (30% $n=96$)' and the common factors for these symptoms were 'Improper sleep in night (53% $n=165$)', and 'Anxiety (34% $n=106$)'. Age ($p=0.07$) and Gender ($p=0.7$) were not significantly associated with the occurrence of morning sickness, while food intolerance to dairy product, egg and wheat was found to be significantly associated with morning sickness ($p=0.001$). About 56% ($N=252$) people said that they face difficulty in breakfast intake due to these symptoms and as a result their daily physical activity is affected (68% $n= 212$). Types of meal taken in dinner that cause morning sickness the next morning were Fast food (42% $n=138$), Heavy protein diet (28% $n=92$), Eastern spicy food (26% $n=87$). Those who experience morning sickness reported it to be common in their other family members too (52% $N=233$).

Conclusion: The finding of our study has shown a notable prevalence of morning sickness in young adults, yet they lack sufficient knowledge about it. There is a need to create awareness about it emphasizing on the interventions and a healthy diet regimen to cope with this condition.

Biography

Maha has completed her BS in Medical Technology (Clinical Lab. Sciences) at the age of 23 years from Dow Institute of Medical Technology (Dow University of Health Sciences). She is working as a Blood Bank Technologist at Afzaal Memorial Thalassemia Foundation, Karachi, Pakistan. She is passionate about research and is currently enrolled in several Online Research and Data Management Courses.

mahaakhter.994@gmail.com

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