

Background

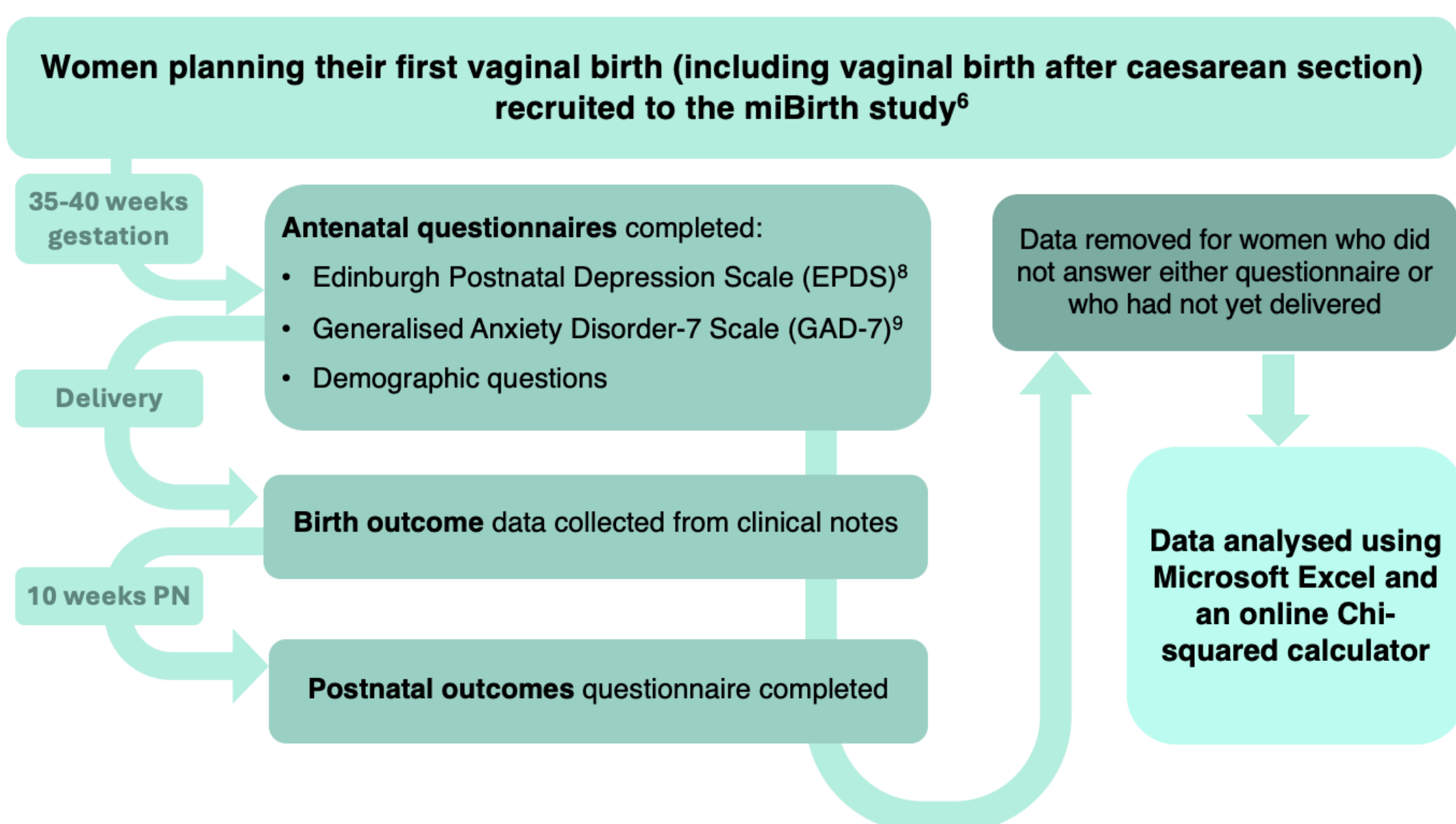
- **Reduced fetal movements (RFM) occur in 15-22.6% of pregnancies**^{1, 2}
- RFM are associated with risks, including stillbirth²
- **Most pregnancies with RFM have minimal adverse outcomes (70%)**³
- Psychological factors, such as maternal anxiety and depression, may influence perception of RFM, and maternal and fetal outcomes^{4, 5}.

Objectives

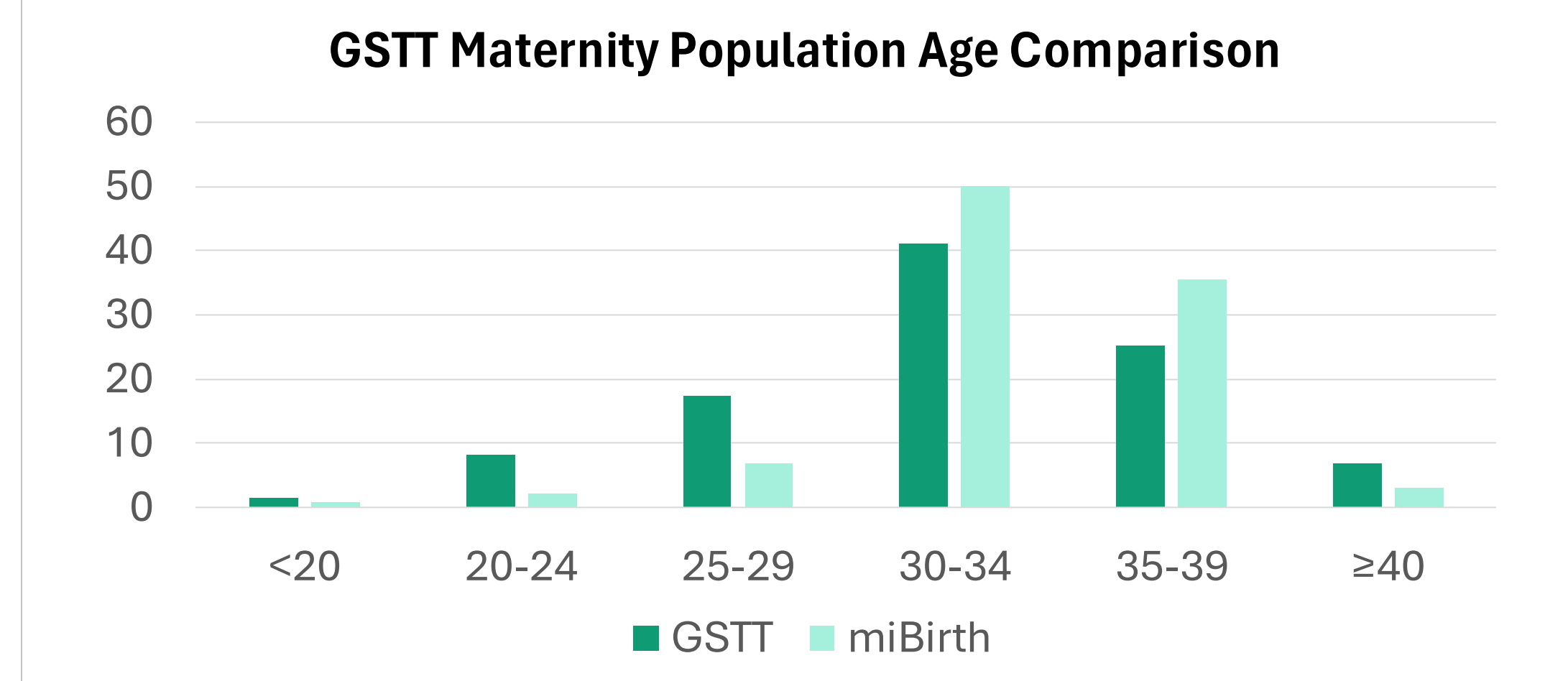
This **retrospective study** assessed data from participants recruited at **late gestation** to the miBirth study – a **low-risk cohort** planning their first vaginal birth.

1. Were there **demographic differences** between **women presenting with RFM** and those with **no RFM presentation (NRFM)**?
2. Were women who had **presented with RFM** earlier in pregnancy **more likely to have experienced anxiety and depression** during pregnancy?
3. Did **women presenting with perceived RFM** earlier in pregnancy go on to have different **delivery outcomes or postnatal outcomes** than those with **NRFM**?

Methods

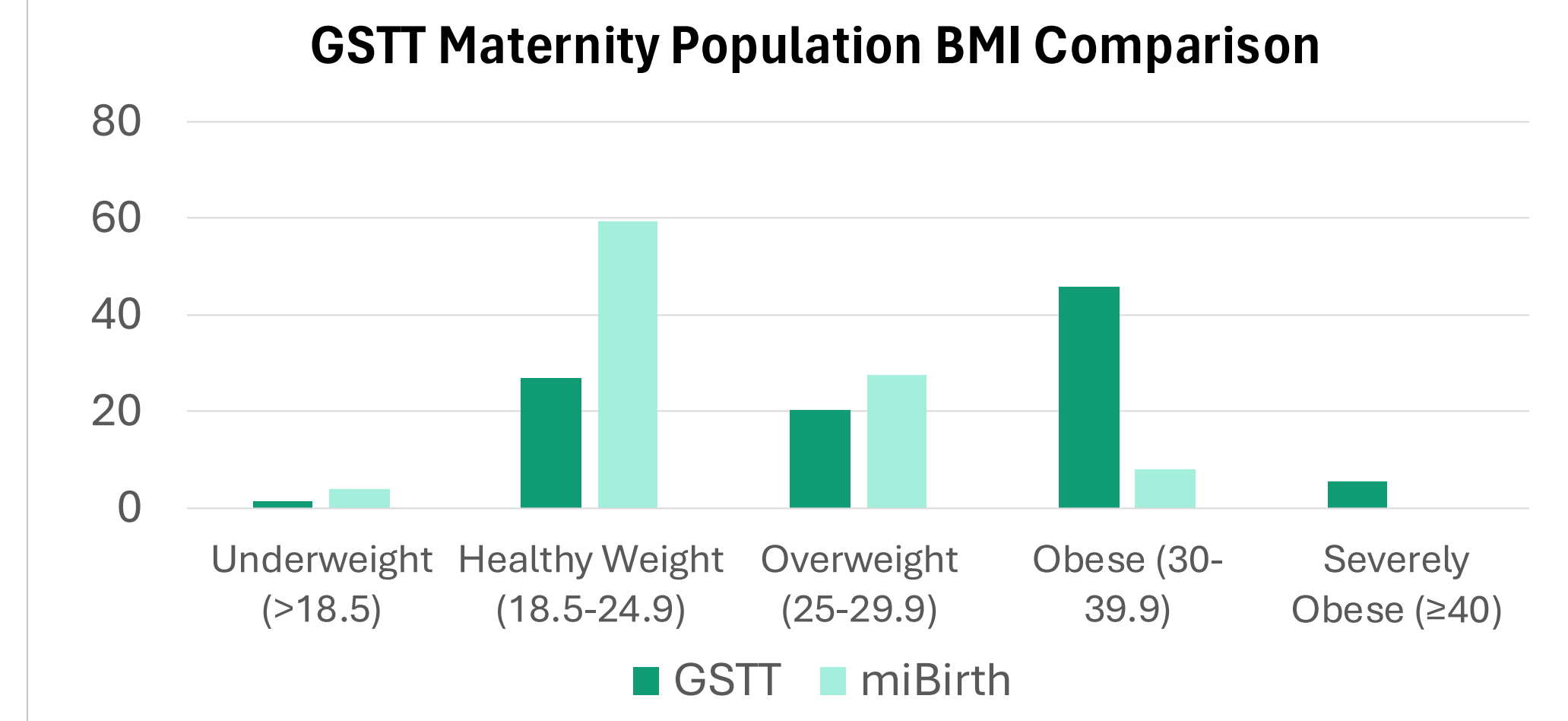


Mean **age** (33 years RFM and 34 years old NRFM); **body mass index** (BMI, mean = 24) and **ethnicity** (64% 'White' ethnicity) **comparable** between RFM and NRFM cohorts.

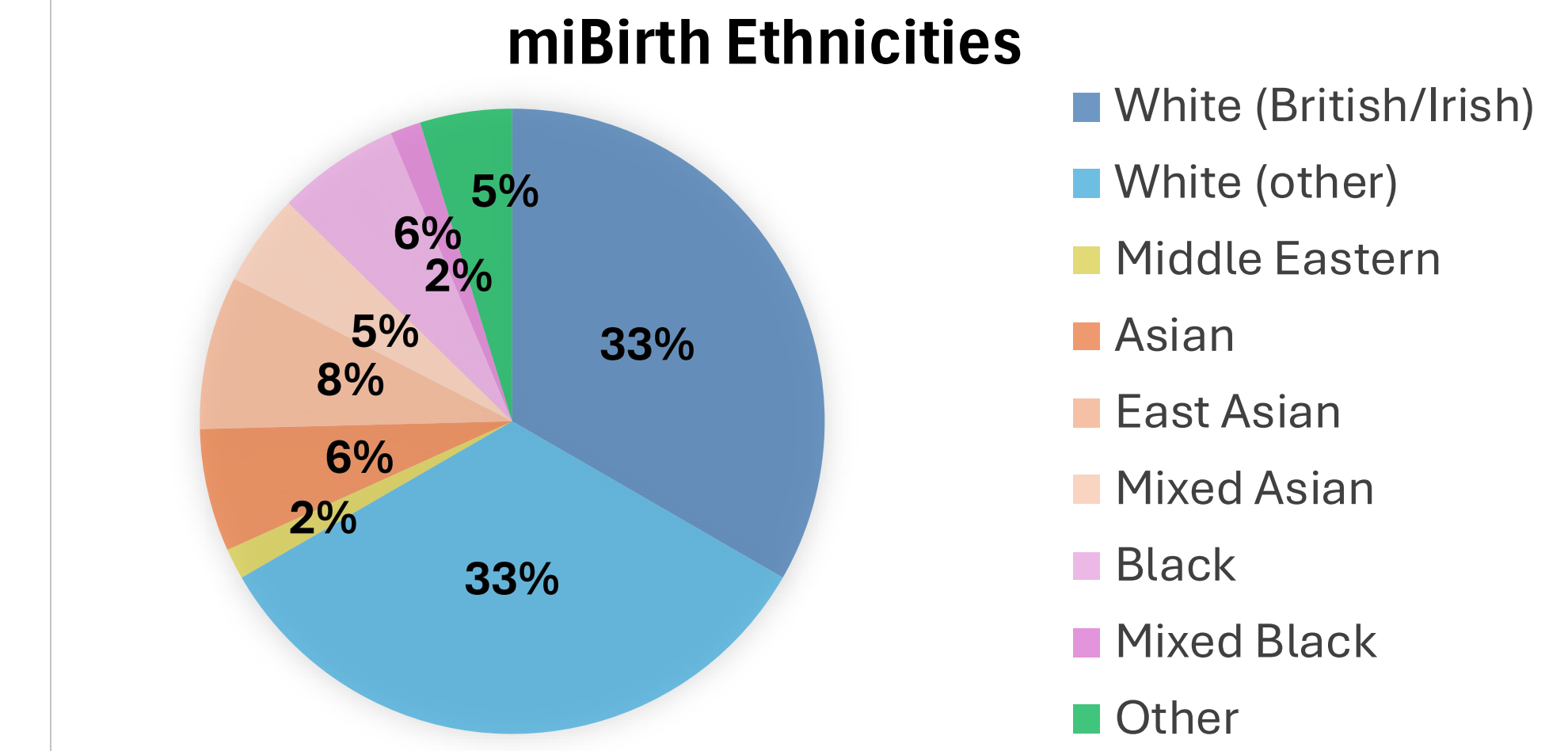


The Cohort (n= 131)

This cohort was compared to the **Guy's and St. Thomas' Trust (GSTT)** maternity population for demographics.



Groups were also **comparable for pre-existing health conditions** including mental health conditions and pregnancy-related health conditions.

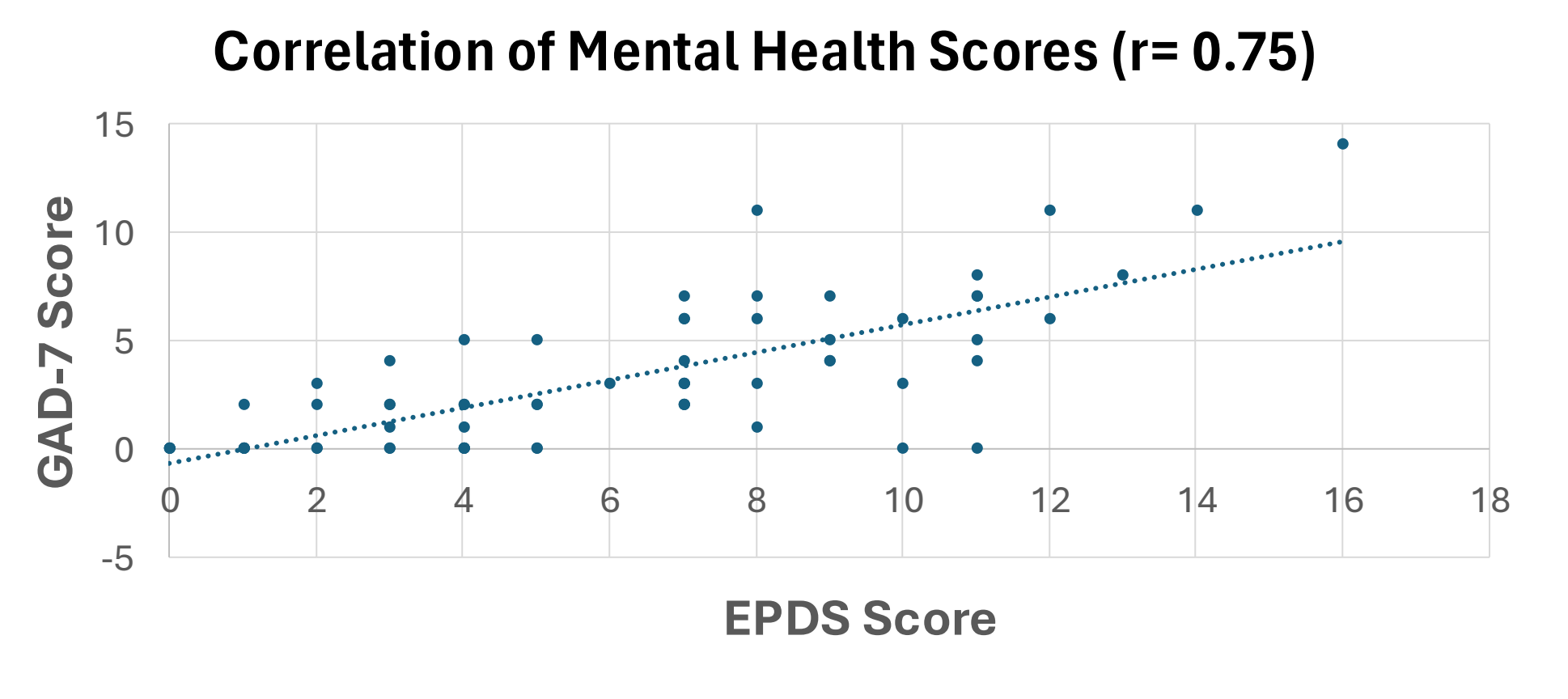


Results

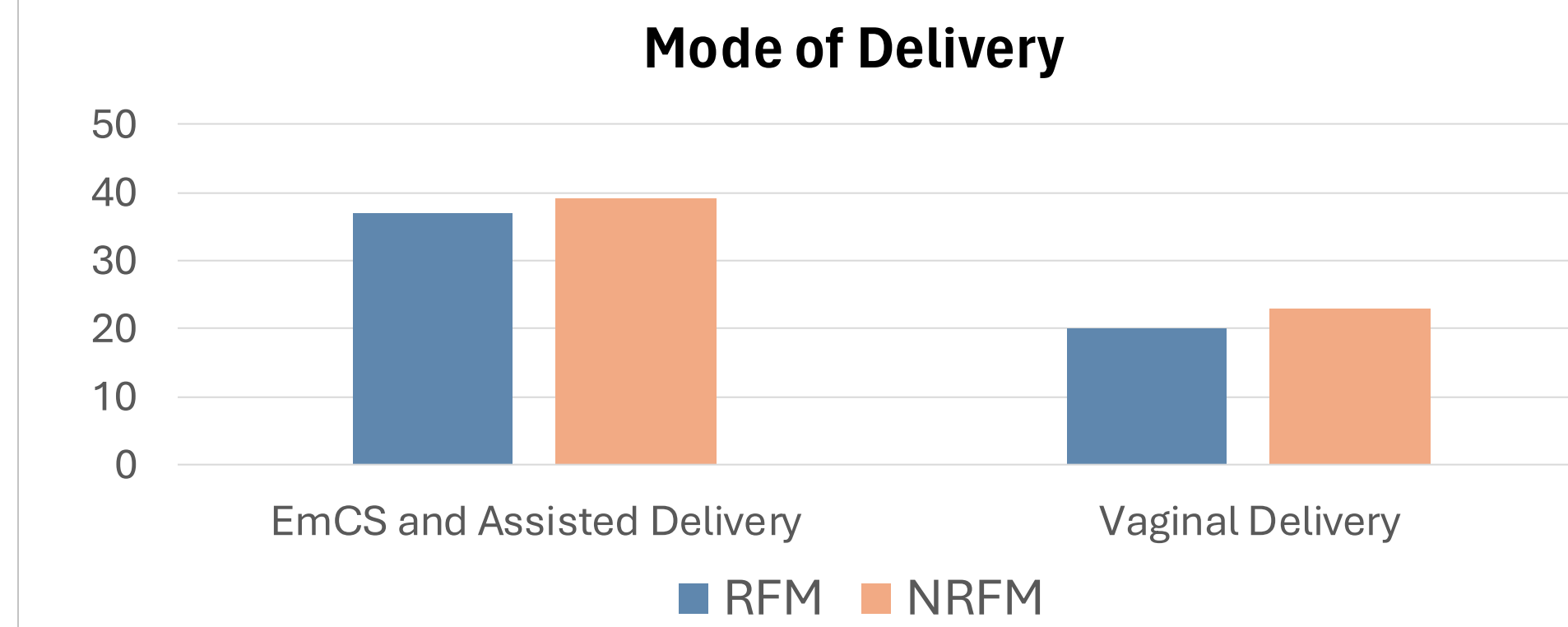
48% of women had presented to hospital with perceived **reduced fetal movements** (n=63), **more than double** the rate **nationally (22.6%)**.

Assessment with ultrasound scan (USS) was reassuring, and there were no concerns in any of the women's pregnancy.

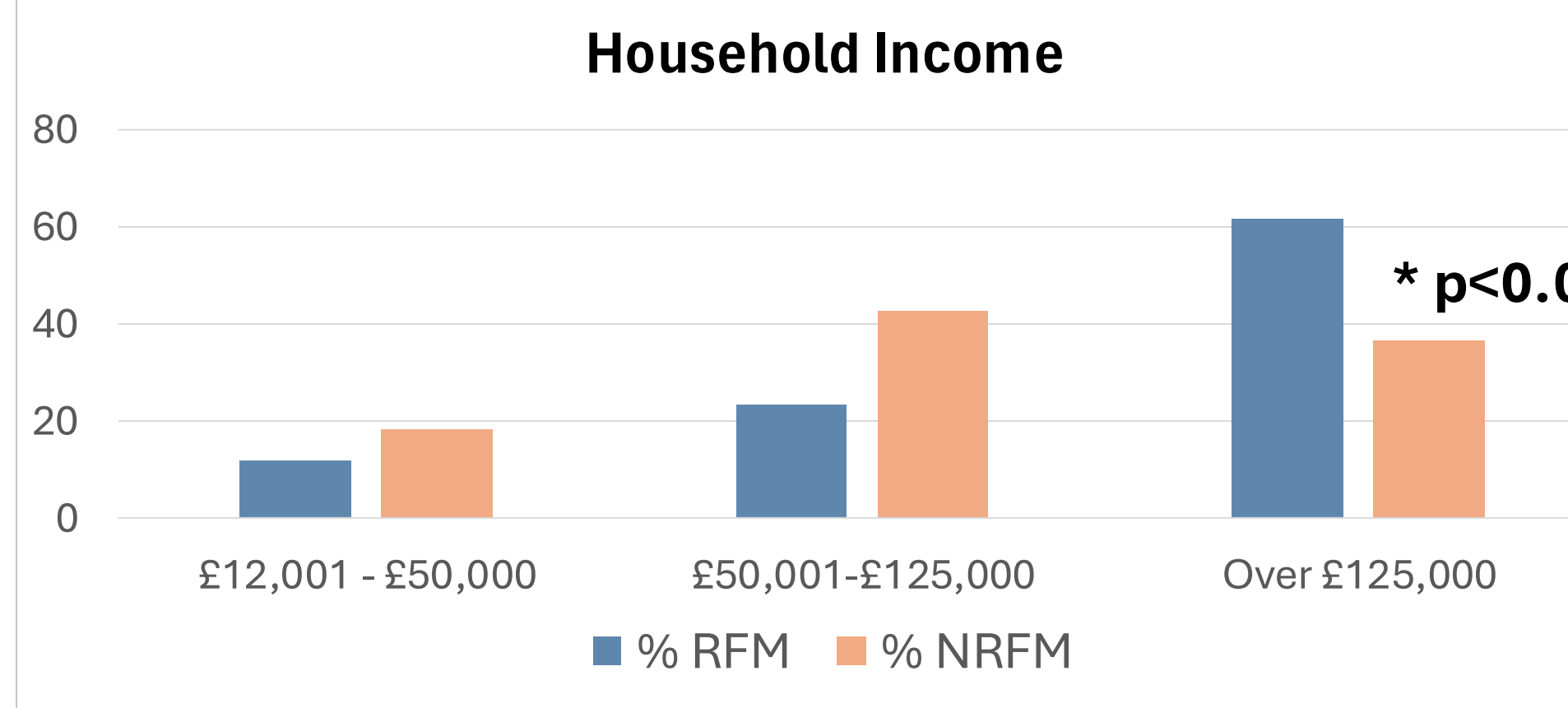
Strong correlation between scoring for anxiety and depression.



No significant difference (p=0.97, n=127) between cohorts for mode of delivery. EmCS = Emergency caesarean section.



Women in the **RFM group** were significantly **more likely to have a household income >£125,000**



Discussion

1. **No association identified between presentation with RFM and mental health**
2. **High socioeconomic status linked to higher perception of RFM**
3. **No significant difference between RFM and NRFM cohorts for mode of delivery**
4. Women with **perceived RFM** may be **more likely to enroll** onto the miBirth study

Strengths / Limitations

- ✓ Perinatal mental health at a **late gestation**
- ✓ **Detailed demographic data**
- ✓ **Self-reporting**

- ✗ **Under-representation** of at-risk groups

References

For a full list of references and supplementary material please scan the QR code shown here:

