

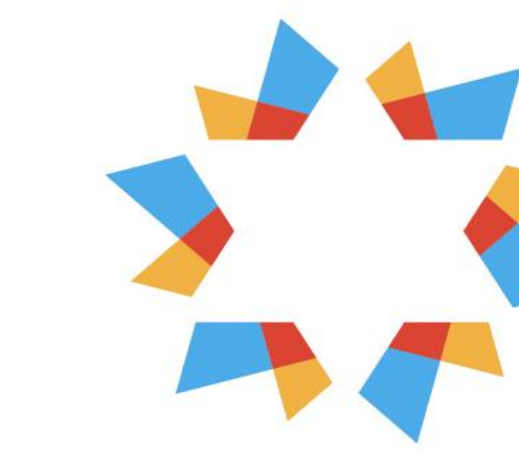
Evaluation of Patient-Reported Outcomes Measurement Information System (PROMIS)-29 v2.1 for Postpartum Patients

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Background

PROMIS-29 v2.1

- Validated patient-reported tool: chronic disease
- Seven domains: physical function, anxiety, depression, fatigue, pain and social well-being



**GAP: No tool for short-medium term
postpartum physical & mental health**

Hypothesis

The PROMIS-29 v2.1 questionnaire is a valid and reliable tool for assessing physical and mental health in a postpartum population.

Study Design & Methods

- Single-center, longitudinal cohort study
- Duration: July 2025-Jan 2026
- N=200 (100 VD, 100 CD)
- Inclusion & Exclusion criteria
- Timepoints: 0, 2, 6, 12 weeks
- REDCap
- PROMIS domains + Summary scores
- Correlation: WHOQoLBREF and GH NRS

Demographics

PROMIS		SVD N = 100 ¹	CD N = 100 ¹	p-value ²
Age (y)		31 (34 - 37.5)	36 (33 - 38)	0.005
BMI (kg/m ²)		28.8 (25.4 - 32.6)	30.4 (27.1 - 36.8)	0.005
Gestational age (wks)		39.4 (38.4 - 40.1)	38.6 (38.0 - 39.0)	<0.001
Parity				0.001
	1	41 (41%)	64 (64%)	
	>1	59 (59%)	36 (36%)	
Anesthesia				<0.001
	epidural	89 (89%)	2 (2%)	
	CSE	11 (11%)	8 (8%)	
	spinal	0 (0%)	90 (90%)	
Length of stay		51.2 (43.3 - 58.5)	48.4 (42.3 - 53.2)	0.044

Results

100% baseline (T0) completion

Follow-up ongoing

Both < population average

Physical function impact CD>SVD

Mental health domains similar

PROMIS domain T-scores

PROMIS domains	SVD N = 100 ¹	CD N = 100 ¹	p-value ²
Physical function	36.7 (33.2 - 40.5)	31.9 (28.9 - 35.6)	<0.001
Anxiety	55.8 (44.2 - 61.4)	57.7 (51.2 - 61.4)	0.26
Depression	41.0 (41.0 - 51.8)	41.0 (41.0 - 49.0)	0.30
Fatigue	58.8 (51.0 - 64.6)	57.9 (53.1 - 64.6)	>0.99
Sleep	55.2 (51.7 - 59.8)	54.3 (51.7 - 58.9)	0.30
Social	47.2 (44.2 - 51.9)	44.2 (38.8 - 51.9)	0.20
Pain interference	61.2 (55.6 - 65.2)	61.9 (57.1 - 66.6)	0.057
Pain intensity	5 (3 - 7)	5 (3 - 6)	0.26

Correlation coefficients

Domains	GH NRS	EQ-5D	WHB
SVD			
PROMIS physical	0.40	0.71	0.02-0.41
PROMIS mental	0.39	0.51	0.24-0.69
CD			
PROMIS physical	0.23	0.35	-0.07-0.28
PROMIS mental	0.28	0.43	0.32-0.59

Results

- Overall acceptable validity with GH NRS and EQ5D
- PROMIS Mental - consistently moderate correlations
- PROMIS Physical - more variable and weaker correlations

Conclusion

- Detects reduced postpartum health status vs general population
- Promising, robust tool
- Supports integration of patient-reported outcomes in obstetric care

References

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