

Effect of Group Prenatal Care on Adolescent Pregnancy Outcomes: A Randomized Controlled Trial

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Abstract : Background: Adolescent pregnancy has major health and social consequences and can lead to adverse maternal and neonatal outcomes. Objectives: The objective of this study was to evaluate the impact of group prenatal care (GPNC) of adolescents on their maternal and neonatal outcomes. Methods: In this study, 294 adolescent pregnant women (aged 15-19) were randomly assigned into two groups of prenatal care (n=147) and individual prenatal care (IPNC) (n=147). Participants in the intervention group received GPNC at 16-20 weeks of gestational age, while the control group received (IPNC). The data were analyzed using the Chi-square test, independent t-test, and linear and logistic tests. Results: As far as weight gain was concerned, 91.7% and 62.1% of the participants in the GPNC and IPNC groups had an appropriate weight gain during pregnancy, respectively OR 6.72 (95% CI 3.40, 13.26). In the GPNC group, 79.2% of participants had exclusive breastfeeding in the first 6 weeks after childbirth and while this rate was 49.7% in the IPNC group, OR 3.92 (95% CI 2.36, 6.64). Preterm birth was observed in 3.4% of the participants in the GPNC group as opposed to 9.5% in the IPNC group OR 6.17 (95% CI 0.73, 51.93). Conclusion: Adolescent women in GPNC have more appropriate weight gain and a higher rate of exclusive breastfeeding compared to adolescent women in IPNC. Group prenatal care could be considered a viable method of care for adolescent pregnant women.

Keywords : group prenatal care, adolescents pregnant women, pregnancy outcomes, neonatal outcomes

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