

## Gestational Diabetes Mellitus (GDM) Knowledge Levels of Pregnant Women with GDM and Affecting Factors

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**Abstract :** The aim of the study is to determine the knowledge level of pregnant women with Gestational Diabetes Mellitus (GDM) about the disease and affecting factors. The data of this descriptive study were collected from 184 pregnant women who were followed up in Dokuz Eylul University Hospital (n=34), Izmir Ege Maternity Hospital, Gynecology Training and Research Hospital (n=133), and Egepol Private Hospital (n=17). Data collection forms were prepared by the researcher according to the literature. ANOVA test, Kruskal Wallis test, Mann-Whitney U test, Student's t-test, and Pearson correlation test were used for statistical analyses. Average GDM knowledge score of pregnant women was  $40.10 \pm 19.56$ . The GDM knowledge scores were affected by factors such as age, educational level, working status, income status, educational level of the spouse, and the GDM background. It has been shown in our study that the GDM knowledge scores were negatively affected by factors such as young age, low educational level, low-income level, unemployment, having a spouse with low educational level, the absence of the GDM story. It has been identified that 86.4% of the pregnant women were trained about GDM. The education provided in the antenatal period significantly increased GDM knowledge scores of pregnant women ( $p=0.000$ ,  $U=515.0$ ). It has been determined that GDM knowledge of the pregnant women with GDM is affected by various factors. These factors must be considered in order to determine new strategies.

**Keywords :** affecting factors, gestational diabetes mellitus (GDM), knowledge level, nursing, pregnancy

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