

## Psychological features of stress in pregnant women

Volskaya Y., Kurtasanova E., Budarina N., Oshchepkova E., Ilchenko M.  
*Kazan Federal University, 420008, Kremlevskaya 18, Kazan, Russia*

---

### Abstract

© 2018, Advanced Scientific Research. All rights reserved. Pathology of pregnancy can be associated not only with infectious, metabolic and endocrine factors, but also with psychoemotional factors. The correlation of stress and somatic reactions is urgent in obstetrics. According to statistical data obtained from various studies, women, due to their psychological characteristics, are more exposed to stress than men. Pregnant women are the most vulnerable in stressful situations, they are more susceptible to various changes that may occur during pregnancy, as changes in the functional state of the nervous system cause increased sensitivity, instability of mental reactions. The psychoemotional state can affect the development of somatic diseases; in the case of pregnancy, there is a threat of disruption in the regulation of central and peripheral homeostasis; stress can also affect the specificity of uterine contractions, the volume of blood loss in labor, the condition of the fetus and the newborn. Psychoemotional disorders increase the risk of complications in pregnancy and have an adverse effect on the social functioning of women. The authors analyze the characteristics of the course of stress in pregnant women depending on the trimester, social factors, housing conditions, health characteristics, biological factors. Various reactions to stress and the relationship of these reactions to psychosomatic diseases are also considered. The paper diagnostic scales and complex instruments used in the practice of obstetrician-gynecologists and clinical psychologists working with pregnant women.

<http://dx.doi.org/10.31838/ijpr/2018.10.04.037>

---

### Keywords

Clinical linguistics, Gynecology, Obstetrics, Pregnant women, Psychological state, Stress

### References

- [1] Mendelevich V.D., Soloviev S.L. Study of neuroses and psychosomatic medicine. Moscow, Med-Press-Inform, 608 p., 2002.
- [2] Volchanskiy M.E., Delaru V.V., Boluchevskaya V.V. Psychosomatic diseases: solved and unresolved issues, Bulletin of Volgograd Medical State University, №2 (42), pp. 3-5, 2012.
- [3] Esin O., Gorobets E., Kurtasanova E., Ilchenko M., Chudinov A. Verbalization of pain in women of reproductive age, Indo-American Journal of Pharmaceutical Sciences, 4(10), pp. 3776-3779, 2017.
- [4] Kolesnikov D.B., Rapoport S.I., Voznesenskaya L.A. Modern views on psychosomatic diseases, Clinical medicine, 92 (7), pp. 12-18, 2014.
- [5] Azizova G.F. Peculiarities of psychoemotional changes in women during pregnancy, Medicine and Public Health, pp. 21-25, 2014.

- [6] Lantsburg M.E., Krysanova, T.V., Solovyova E.V. Psychological and psychosomatic disorders during pregnancy and childbirth: an overview of modern foreign studies, *Modern foreign psychology*, t. 5, 2016.
- [7] Soares C.N., Steiner M. Perinatal depression: searching for specific tools for a closer look at this window, *J. Clin. Psychiatry*, 70 (9), pp. 1317 -1318, 2009.
- [8] McCrory C., McNally S. The effect of pregnancy intention on maternal prenatal behaviours and parent and child health: results of an irish cohort study, *Paediatric and perinatal epidemiology*, 27(2), pp. 208-215, 2013.
- [9] Mamysheva N.L. Nonpsychotic disorders in pregnant women (clinical epidemiological and organizational aspects). Tomsk, 1995. 182 pp.
- [10] Dobryanskaya R.G. Investigation of strategies for overcoming emotional stress in pregnant women, *Siberian Psychological Journal*, 18, pp. 65-67, 2003.
- [11] Lustin S.I. Psychological features of pregnant women, XX readings in TsarskoeSelo: materials of the international scientific conference, pp. 241-245, 2016.
- [12] Gorobets E., Esin R., Esin O., Galiullin K., Martyanov D. Alexithymia as a predictor of psychosomatic disorders: linguistic aspects, 4th International Multidisciplinary Scientific Conferences on Social Sciences & Arts SGEM 2017, v. 2, pp. 525-532
- [13] Esin R., Gorobets E., Esin O., Khayrullin I., Sakhapova L., Martyanov D. Alexithymia as a Predictor of Worse Prognosis in Postural Phobic Vertigo, *BioNanoScience*, vol. 8, issue 1, pp. 373-378, 2018.
- [14] Esin O., Gorobets E., Khairullin I., Esin R. Alexithymia as a Predictor of Chronic Tension Headaches, *Bionanoscience*, vol. 7, issue 2, pp. 272-275. 2017.