### Title: Affect of education by group discussion on pregnant women knowledge and attitude about nutrition in pregnancy period

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### Abstract:

**Background and objective:** Pregnancy period is one of the most risky periods of women's life, and nutrition is one of the important factors affecting maternal and neonatal health. The aim of this pre-experimental study was the evaluation of women's knowledge and attitude about nutrition in pregnancy period in Gorgan.

**Maternal and method:** Eighty women were selected by cluster sampling method from whom referred to Health Services Center. Data were collected by a questionnaire that completed before 2-hours educational program. Two months later, subjects completed the same questionnaire. The questionnaire validity and reliability approved by Content Validity and Alpha Cronbach ($\alpha =0.7$) respectively. Data were analyzed using SPSS software V 11.5 and Kruskal–Wallis, Wilcox on, Mann-Whitney and Pierson correlation tests were used, while the confident interval was 95%.

**Results:** The mean age of samples was 22.93 years. Findings show that 51.5% samples had low knowledge and only 9.1% had high knowledge in pretest. Knowledge and attitude increased by education so that before the education 51.5% of samples that they had low knowledge reached 34.3% after education and low attitude from 20% reached 37.5% ($p <0.05$). There was a significant relationship between knowledge and attitude and variables such as age, spouse job, family income and education level ($p <0.05$). Discussion and conclusion: According to the results, implementing educational programs for pregnant mothers to increase their nutritional knowledge and attitudes is necessary. Promotion of knowledge and attitude of pregnant women can affect their health and healthy generation.

**Desiccation and conclusion:** According to the results, implementing educational programs for pregnant mothers to increase their nutritional knowledge and attitudes is necessary. Promotion of knowledge and attitude of pregnant women can be affected their health and healthy generation.

**Knowledge, Attitude, Women Pregnant, Nutrition**

**Presentation:** Poster