**Title:** Comparison of women's lifestyle in preterm and term birth among mothers referring to educational and medical centers in Tabriz

**Authors:** M. Kmalifard 1, F. Sehhatie 2, M. Ghojazadeh 3, R. Alizadeh Leilan 4

1. MSc in Midwifery, Instructor of Nursing & Midwifery Faculty, Tabriz University of Medical Sciences
2. MSc in Midwifery, Instructor of Nursing & Midwifery Faculty, Tabriz University of Medical Sciences
3. PhD in Physiology, Assistant Professor of Tabriz University of Medical Sciences
4. MSc in Midwifery, Tabriz University of Medical Sciences, Malekan health center

**Abstract:**

Introduction: Prematurity is still one of the main causes of neonatal mortality and morbidity which makes a lot of financial, psychosocial and emotional problems. Although the main cause of preterm delivery is unknown but knowledge of its risk factors is important for planning health policies aimed at its prevention and decreasing the rate of preterm delivery.

The purpose of this study was to examine associated risk factors between lifestyle and preterm labor.

Materials and methods:

This research was a descriptive-comparative study which was applied on 132 women with preterm delivery and 268 women with term delivery referring to Educational and Medical Center of Alzahra, all matching in some sociodemographic factors of mother and all were selected by convenience method. And then data were collected by questionnaire containing 2 sections, the first part was containing demographic characteristics and the second part was consisted of woman's lifestyle including, exercise, nutrition, smoking and use of alcohol and substance abuse, social support, stress management and self care during pregnancy. Data were analyzed by SPSS/win 13 with descriptive statistics and statistical tests of t test, u man withy, χ² and exact Fisher test.

Result: The results of this study showed that relationship between nutrition, exercise, smoking and the use of alcohol and substance abuse, social support, stress management and self care during pregnancy and preterm delivery statically was significant but there was no significant relationship between exercise and preterm birth.

Conclusions: The findings of our study suggest that there is a relation between lifestyle in pregnancy and preterm birth. On the other hand lifestyle is changeable and achieving this aim is possible by efforts to increase health education, Positive Behavioral Modification and healthy environments.

**Key word:** lifestyle / preterm labor / term labor

**Presentation:** Poster