

## Cross-Sectional Study of Postpartum Women About Impact of Pregnancy and Childbirth on Sexual Life in Context of Antenatal and Intranatal Care

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**Introduction.** Science and medicine get more and more interested in topic about sexual health to understand and improve patients' quality of life. Pregnancy is particularly important period when this topic becomes especially sensitive. Studies have confirmed that most of the pregnant women feel the need for reliable information about sexual activity during pregnancy. The problem is that they rarely find the opportunity to discuss this issue with their physicians. Most of the primiparous women are worried about the impact that childbirth might have on their sexual life. They are also worried if letting partner to participate in childbirth is the right decision.

**Aim, Materials and Methods.** The aim of this study is to collect and analyze information given by patients in postpartum units at Riga Maternity Hospital about their opinions of necessity to talk with gynecologist about sexual life in pregnancy and about their opinions of impact of pregnancy and childbirth on sexual life. Data was obtained using questionnaire and analyzed using IBM SPSS Statistics. The study was accepted by The Ethics Committee of Rīga Stradiņš University.

**Results.** The study included 351 women at a mean maternal age of 30 years (SD 5.1; range 18–43 years). 52.1% (n = 183) reported that they were primiparous, and 47.9% (n = 168) were multiparous. 92% (n = 323) had coitus during pregnancy and 8% (n = 28) did not. 49.6% (n = 174) of the pregnant women got advice from gynecologist about their sexual life during pregnancy, but 50.4% (n = 177) did not. Importance of sexual life: 81.1% (n = 285) was important; 0.9% (n = 3) was not important; 17.9% (n = 63) have not thought about that. 29.6% (n = 104) of participants were worried about the impact of childbirth on sexual life, but 70.4% (n = 247) were not. 63.8% (n = 224) of participants' partners participated in childbirth. 23.6% (n = 83) were worried to let partner participate in childbirth, 76.4% (n = 268) were not worried about that. 35.3% (n = 124) were worried if letting the partner to participate in childbirth would change the partner's opinion about their sexual life.

**Conclusions.** Most women are sexually active during pregnancy and find sexual topics important. The study confirmed that more important sexual life is to woman, more she is willing to talk about it with her physician. Primiparous were more worried about childbirth's impact on sexual life than multiparous. Primiparous were more worried compared to multiparous that letting partner participate in childbirth would change the partner's opinion about their sexual life.