

Perceived partner support during pregnancy

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Objective

Social support is considered a critical factor during pregnancy, influencing maternal health and wellbeing, and overall pregnancy success. However, the specific role of partner support remains understudied. The aim of the present study was to investigate perceived partner support in pregnant women in their third trimester of pregnancy.

Methods

Between March 2023 and February 2024, participants of the Pre-Eclampsia 37 (PE37) study, a prospective, open-label randomized study with parallel groups conducted at BCNatal Fetal Medicine Research Center, were invited to participate in this secondary analysis by completing the Perceived Partner Support (PPS) Questionnaire. Delivered electronically via email, the questionnaire consisted of eight items assessing various aspects of partners' relationship during pregnancy and postpartum, including couple communication, agreement, emotional co-regulation, and division of labor. Responses were provided using a Likert-type scale. In addition, demographic characteristics such as maternal age, ethnic group, education and work status were collected, as well as couple co-habitation status.

Results

A total of 356 patients in their third trimester of pregnancy completed the survey. The mean maternal age was 34 years (\pm 5,27) and 72% of the participants were white. Additionally, 78% had a university-level education and 76% were employed full-time. 96% of patients co-lived with their partner. Despite only 41% of women reporting consistent agreement with their partner, approximately 60% felt their partner positively engaged in conversations about the baby and the pregnancy's progression, and 66% reported receiving emotional support from their partner when needed. Moreover, 91% of patients relied on their partner during labor and 84% trusted their partner to share childcare's responsibilities after the baby's birth.

Conclusion

Overall, the majority of patients in our sample perceived positive levels of support from their partners across various domains. These findings provide valuable insights into perceived partner involvement and support during pregnancy.