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Risk factors for Pregnancy Induced Hypertension

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Objective: To determine the risk factors for pregnancy induced hypertension (PIH).

Methodology: The study was a case control study which was carried out at Castle Street Hospital for Women during August to September 2006. Hundred mothers newly diagnosed as having PIH. were chosen as cases and 100 with uncomplicated pregnancies as controls. Both cases and controls had a period of amenorrhoea of >20 weeks. Psychosocial stress was measured using General Health Questionnaire -30 (GHQ) and Modified Life Event Inventory. Maternal socio-demographic information and other data were collected using an interviewer administered questionnaire and a record sheet. Multivariate logistic regression analysis was applied to control for confounders and the results were expressed as odds ratios (OR) and 95% confidence intervals (95%CI).

Results: After adjusting for confounding effect experience of ≥2 life events during pregnancy (OR:2.1, 95%CI:1.1–10.9), a maternal BMI of ≥26kg/m^2 (OR:2.4, 95%CI:1.1–5.0), maternal age of ≥28 years (OR:3.9, 95%C.I:2.0–7.5), history of ante partum haemorrhage (OR:3.4, 95%CI:1.1–10.9) and standing for >1.5 hours at one stretch per day (OR:3.4, 95%CI:1.6–7.4) had statistically significant associations with developing PIH. A GHQ score of >5 was not associated with PIH (OR:3.0, 95%C.I: 1.0 – 10.0).

Conclusion: Experience of ≥2 life events during pregnancy, BMI ≥26 kg/m^2, maternal age of ≥28 years, history of antepartum haemorrhage and standing for more than 1.5 hours at one stretch per day were risk factors for PIH.