

# Smoking trajectories and psychological characteristics among Belgian pregnant women

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## Introduction

- 15 to 20% of Belgian pregnant women don't achieve total smoking cessation (Cousin & al., 2008 ; ONE, 2015).
- Pregnancy smoking = harmful consequences for the mother and the baby (Delcroix & al., 2012).
- Psychological experience of these pregnancies investigated only by focus groups ; psychological variables like self-esteem, coping, social support, feeling of self-efficacy, etc. didn't be explored.
- Various smoking trajectories may emerge during the pregnancy as weaned, reduced and wavering (Nichter & al., 2007).

## Aims



### Identify

smoking trajectories likely to emerge during pregnancy

### Describe

each trajectory in terms of smoking dependence, coping, self-esteem, social support, feeling of self-efficacy and depression

### Compare

smoking trajectories identified in terms of psychological variables for-mentioned

### Correlate

in each trajectory-group, between variables quoted above

## Method & sample

**Sample** : 113 women, pregnant for the first time and at least since 13 weeks, who were 18 to 41 years old, daily smokers when announcing their pregnancy, and who understood and spoke French fluently.

- Private gynecologist: 83%
- 82% planned to stop smoking when announcing their pregnancy
- 76,6% try to stop smoking without specific support

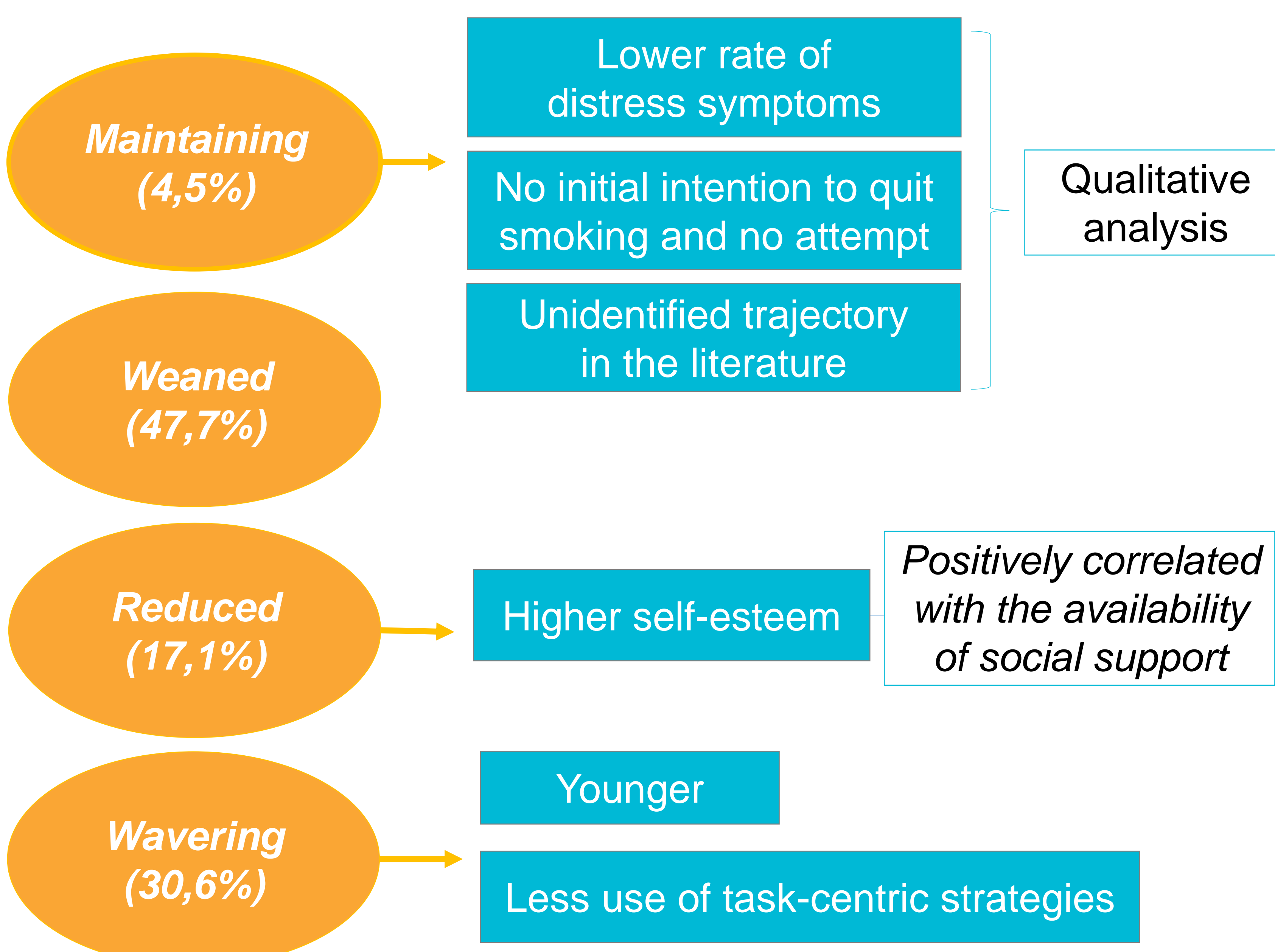
Women who had a psychopathology and/or a mental retardation and/or a disease of any type were excluded.

### Method

- Recruitment: social networks
- Task: an online form including 6 standardized questionnaires
  - Cigarette Dependence Scale (CDS-12)
  - Coping Inventory for Stressful Situations (CISS)
  - Maternal Self-esteem Inventory (MSI)
  - General Self-Efficacy Scale (GSE)
  - Support Social Questionnaire (SSQ6)
  - Edinburgh Post-Natal Depression Scale (EPDS)

## Results

4 trajectories → empirical distribution ≠ theoretical distribution (Nicher & al. 2007) ( $p < 0.0001$ )  
No typical profil ; only trends  
56,7% of participants potentially depressed



## Discussion

- Influence of the motivation's cycle (Prochaska, DiClemente & Norcross, 1992) ?
- Perspectives:
  - Influence of prenatal attachment ?
  - Qualitative approach : *exploration of motivations, barriers and strategies used to weaning ?*
  - Sample enlargement

## Conclusion

- No specific psychological experience **but** high rate of potentially depressed women.
- Most of the participants originally intended to quit smoking **but** some not tried to modulate their consumption

→ **Need to : consider the patients' motivation to quit smoking or reduce consumption; support in case of relapse; stay attentive to distress symptoms**