

ABSTRACT

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Department of Biological and Medical Sciences

Title of diploma thesis: Quality of life evaluation in pregnant women in the Czech republic and Slovakia by means of a specific questionnaire QOL-GRAV

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Background

First, an overview of the theory concerning quality of life, pregnancy and folic acid intake was the part of the main aims of this thesis. Experimental section is focused on evaluating quality of life of pregnant women, supplementation of folic acid before and during gravidity and its potential effect on quality of life of women in the Czech republic and Slovakia, evaluated by a specific questionnaire QOL-GRAV.

Methods

We used a quantitative method in the form of specific questionnaire QOL-GRAV, in which questions about folic acid supplementation and eating habits changes before and during pregnancy, were implemented. 564 pregnant women from Czech and Slovak republic were questioned in any week of gravidity or two weeks after delivery, at latest.

Results

We can consider quality of life of pregnant women in Czech and Slovak republic as very good, according to average value 18,81 points of 45 points overall obtained from the questionnaire, where minimum possible value of 9 points represents best quality of life. 42% of interviewees supplemented folic acid before pregnancy, during pregnancy even 69%. In case of supplementation, the amount was appropriate, according to the World Health Organization recommendations. Most often it was 400 µg and more. Taking folic acid before and during pregnancy revealed almost no effect on quality of life.

Conclusions

Data from our research of pregnant women in the Czech and Slovak republic shows that their quality of life is very good. However, few women supplement folic acid before pregnancy. We found that folic acid supplementation is not related to the quality of life of pregnant women.

Keywords: quality of life, pregnancy, folic acid, QOL-GRAV