

Effectiveness of psychoeducation interventions on women with gestational diabetes- An integrative review

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Introduction

Gestational Diabetes Mellitus (GDM): is a type of diabetes that happens during pregnancy.

The main aim of current interventions is controlling glycaemic level through:

- lifestyle modifications: diet & exercise.
- pharmacological treatment.

However, managing GDM can be difficult. Pregnant women who are newly diagnosed with GDM may experience high level of distress and be less able to self-manage their GDM condition.

Aim

This integrative review aimed to synthesize and critique published literature of studies investigating the effects of psychoeducational interventions on women's self-efficacy, knowledge of GDM, self-care behaviour, depression, anxiety, and birthing outcomes; infant birth weight, type of birth, preterm birth, and admission to Neonatal Intensive Care Unit (NICU).

Method

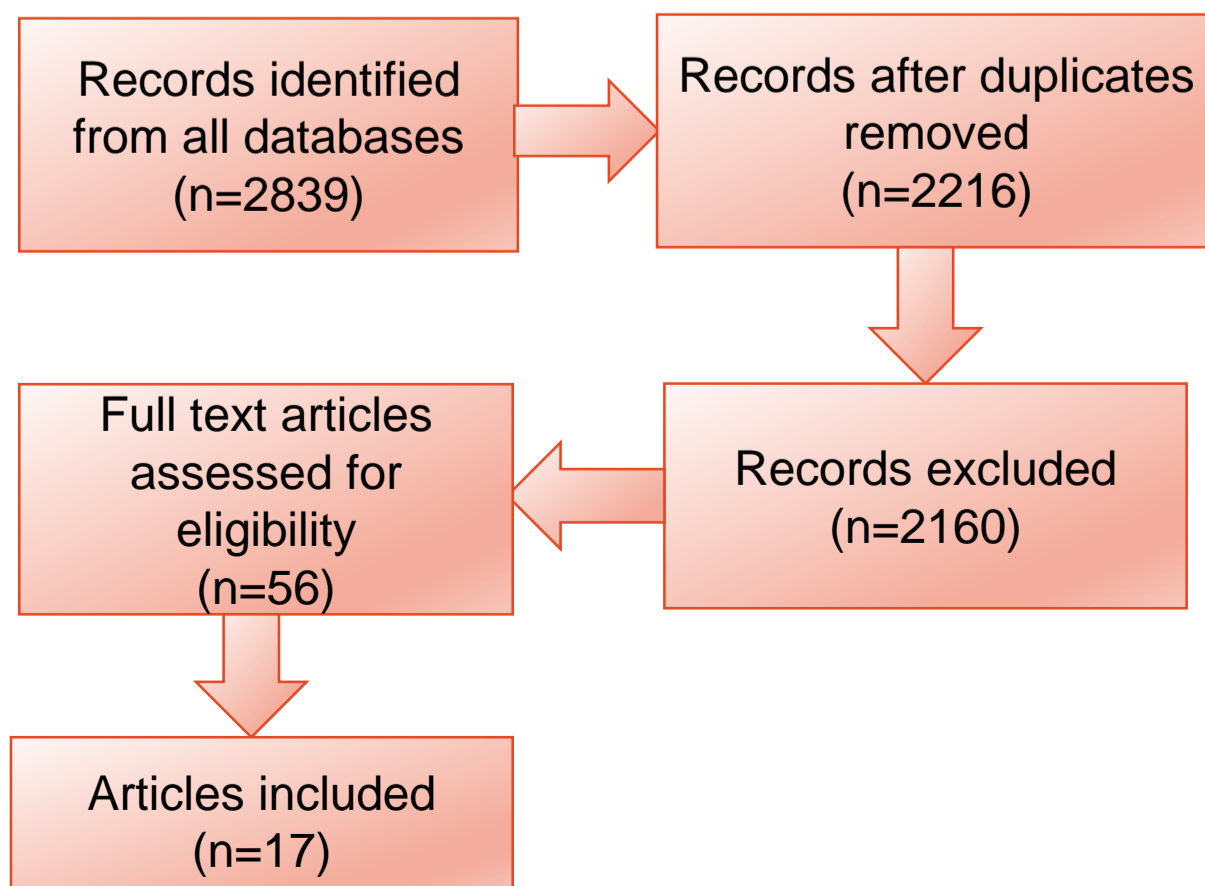
Electronic databases

- MEDLINE
- CINAHL
- Cochrane Library
- PsycINFO
- Maternity and Infant Care Database (MIDIRS)
- Saudi Digital Library (SDL)

Inclusion criteria

- Written in English or Arabic language
- Primary published research
- Only pregnant women diagnosed with GDM
- Studies examined single or multi-component educational interventions
- Studies published from 2009 to now

Search results



Results

Mixed results were found which could be due to variations in type, duration, frequency, and delivery methods of the interventions.

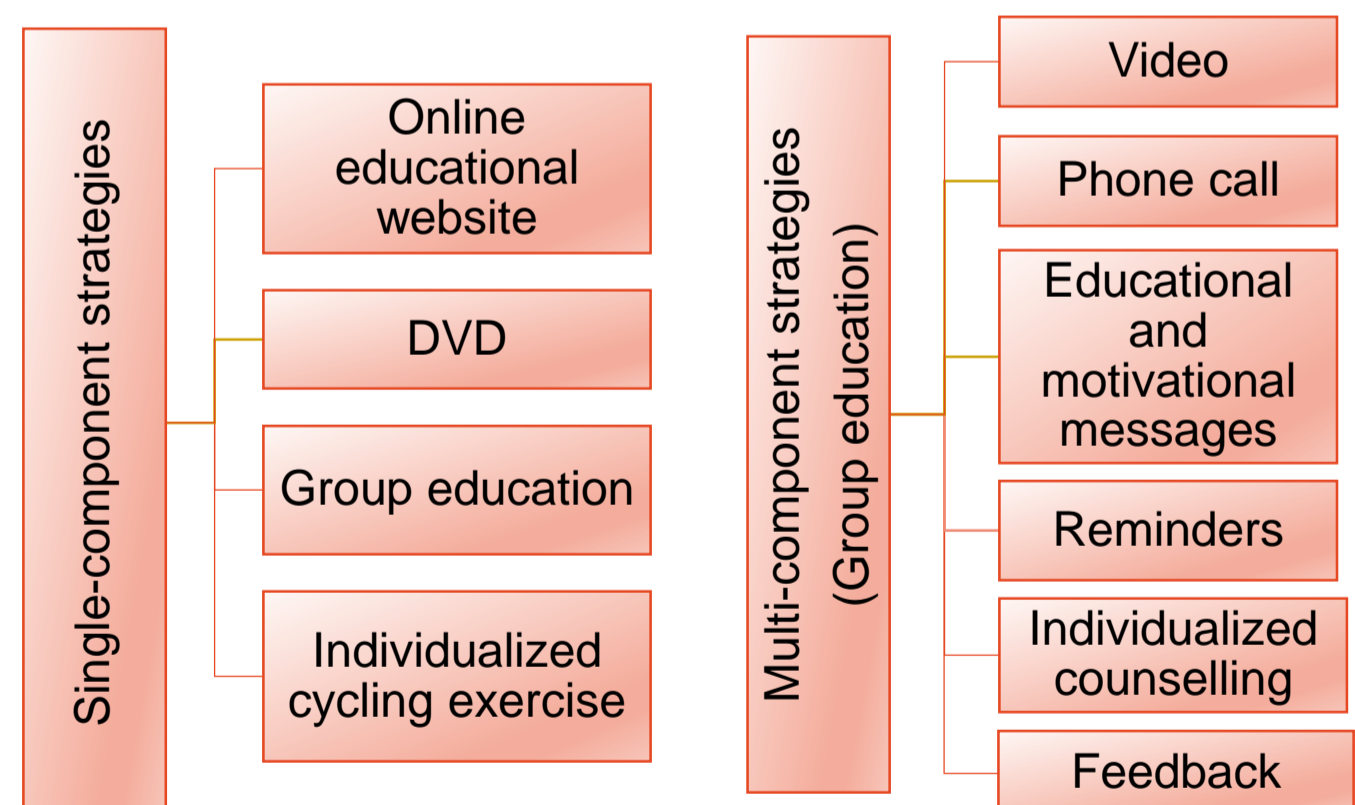
Types of the Interventions

- Most of studies used educational interventions.
- One study used cycling exercise.
- One study Used deep breathing exercise.
- One study used individualized counselling.
- One study used cognitive behavioural therapy.

Duration and Frequency of the interventions

- Not all the included studies reported the duration of the intervention sessions.
- Two-hour sessions were the most common in studies which reported the duration.
- The total duration of the interventions varied from 15-30 minutes to six months, with four weeks duration the most frequently used.
- The number of sessions varied from one to six sessions, with two sessions were the most common.

Delivery methods of the interventions



Discussion

- The effects of the interventions on the review's outcomes were inconsistent.
- Multi-component interventions showed better outcomes than single-component interventions on the review's outcomes.
- We could not find psychoeducational interventions, however, studies that involved breathing exercise and cognitive behavioural therapy had positive effects on depression and anxiety levels.
- The evidence is inconclusive and very few studies included psychological outcomes. Thus, more rigorous trials are needed.