

**DETERMINANTS OF PREGNANCY- RELATED ANXIETY AMONG
WOMEN ATTENDING ANTENATAL CARE AT COAST GENERAL
TEACHING AND REFFERAL HOSPITAL, KENYA**

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Requirements for the Award of the Degree of Master of Science in Nursing
(Midwifery) of Chuka University**

**CHUKA UNIVERSITY
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**DECLARATION
AND
RECOMMENDATIONS**

Declaration

This thesis is my original work and has not been submitted for an award of a diploma or conferment of degree in any other institution.

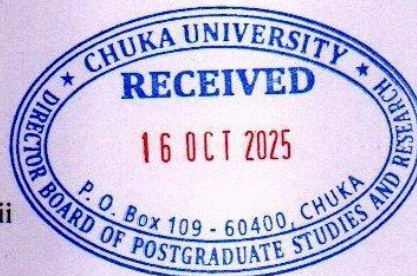
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Recommendations

This thesis has been examined, passed and submitted with our approval as University supervisors.

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DEDICATION

This thesis is dedicated to my Husband Henry, children, Sam and Jean, for their encouragement and support during my study.

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ABSTRACT

Pregnancy-Related Anxiety (PRA) is linked to poor health outcomes for both mother and child, yet evidence from Kenya, particularly the Coastal region, remains limited. This study investigated the determinants of PRA among pregnant women attending antenatal care at Coast General Teaching and Referral Hospital (CGTRH). The objectives were to establish level of Pregnancy related anxiety and find maternal and psychosocial factors influencing it. Cross-sectional study design was used. Data was collected from 177 sampled pregnant women who were selected through systematic random sampling technique. Pregnancy related anxiety questionnaire-revised (PRAQR2) was used to measure the outcome valuable. Quantitative data were collected using structured questionnaires. Qualitative insights were gathered from key informant interviews with antenatal care providers. Quantitative data were analyzed using descriptive and inferential statistics, and qualitative data were thematically analyzed to contextualize the findings. Results revealed that most participants experienced moderate to high levels of Pregnancy related anxiety. Maternal factors such as younger age, higher education, previous obstetric complications, higher parity, employment, and low income significantly increased risk. Psychosocial factors including limited social support, family history of psychological problems, underlying health conditions, and unplanned pregnancies were also strongly associated with PRA. The study concludes that pregnancy related anxiety is prevalent and influenced by both maternal and psychosocial determinants. It recommends routine screening with validated tools in antenatal care and targeted psychosocial support for high-risk groups. Broader studies across different regions of Kenya are needed to enhance generalizability and address cultural variations