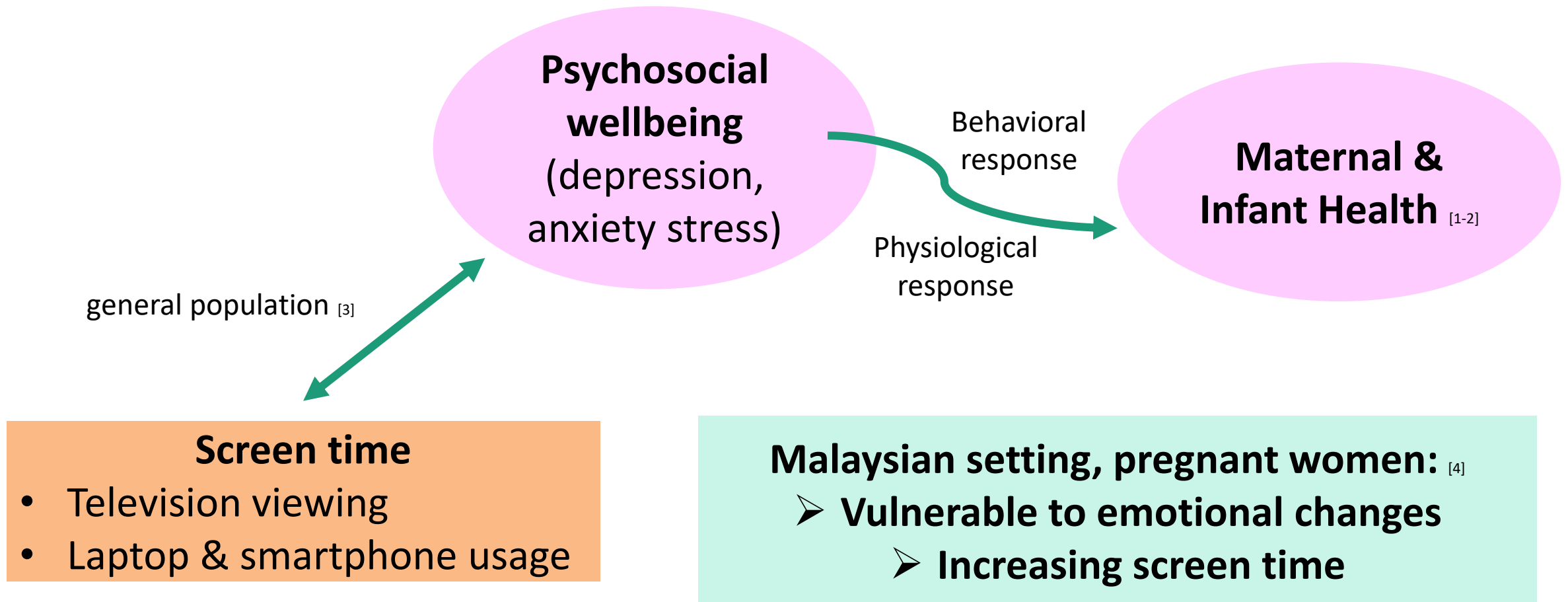


The associations between screen time and psychosocial wellbeing of pregnant women in Kuala Lumpur, Malaysia

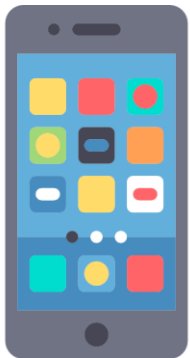
Dr Ng Choon Ming



Pregnancy: A period of rapid changes, subjected to emotional disturbances



Objectives



To determine the associations between screen time with psychosocial wellbeing among Malaysian pregnant women



Depression
Anxiety
Stress

Cross-Sectional Study



9 Klinik Kesehatan Ibu dan Anak (KKIA) in Kuala Lumpur (2019)

Convenience sampling:

- 240 women ^[5] (single pregnancy)
- Age: 19-40 years old
- No chronic diseases

Validated questionnaire:

- Sociodemographic data & screen time ^[6]
- Psychosocial wellbeing (Depression Anxiety Stress Scale-21) ^[7]

Results
(n=240)

Variables	n (%)
<u>Age (years)^a</u>	29.11 (4.38)
<u>Gestational age (weeks)^a</u>	24.58 (8.50)
<u>Ethnicity</u>	
Malay	176 (73.3)
Chinese	49 (20.4)
Indian	9 (3.8)
Others	6 (2.5)
<u>Household Income</u>	
Low (< RM2300)	41 (17.1)
Middle (RM2300-5599)	127 (52.9)
High (>RM5600)	72 (30.0)
<u>Education Level</u>	
No primary education	1 (0.4)
Primary (Elementary School)	1 (0.4)
Secondary (High School)	76 (31.7)
Tertiary (University)	162 (67.5)
<u>Working Status</u>	
Working	172 (71.7)
Not working	68 (28.3)

^aNot reported in mean (standard deviation).

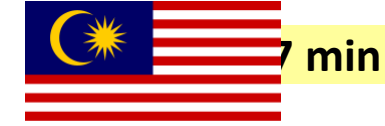
The use of gadgets among pregnant women in a day (n=240)

Mean usage/day:

1 hour 44 min

1 hour 59 min

4 hours 35 min



7 min

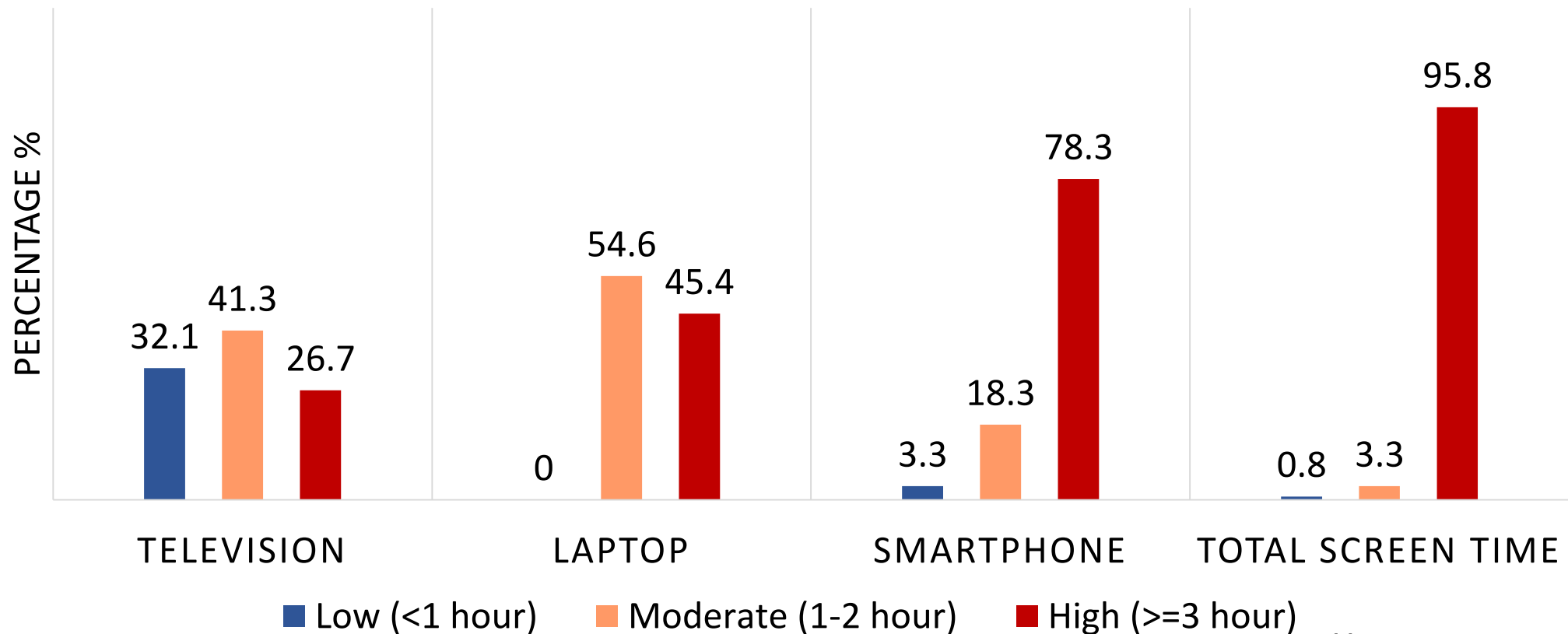
1 hour 48 min

1 hour 39 min

2 hours 27 min

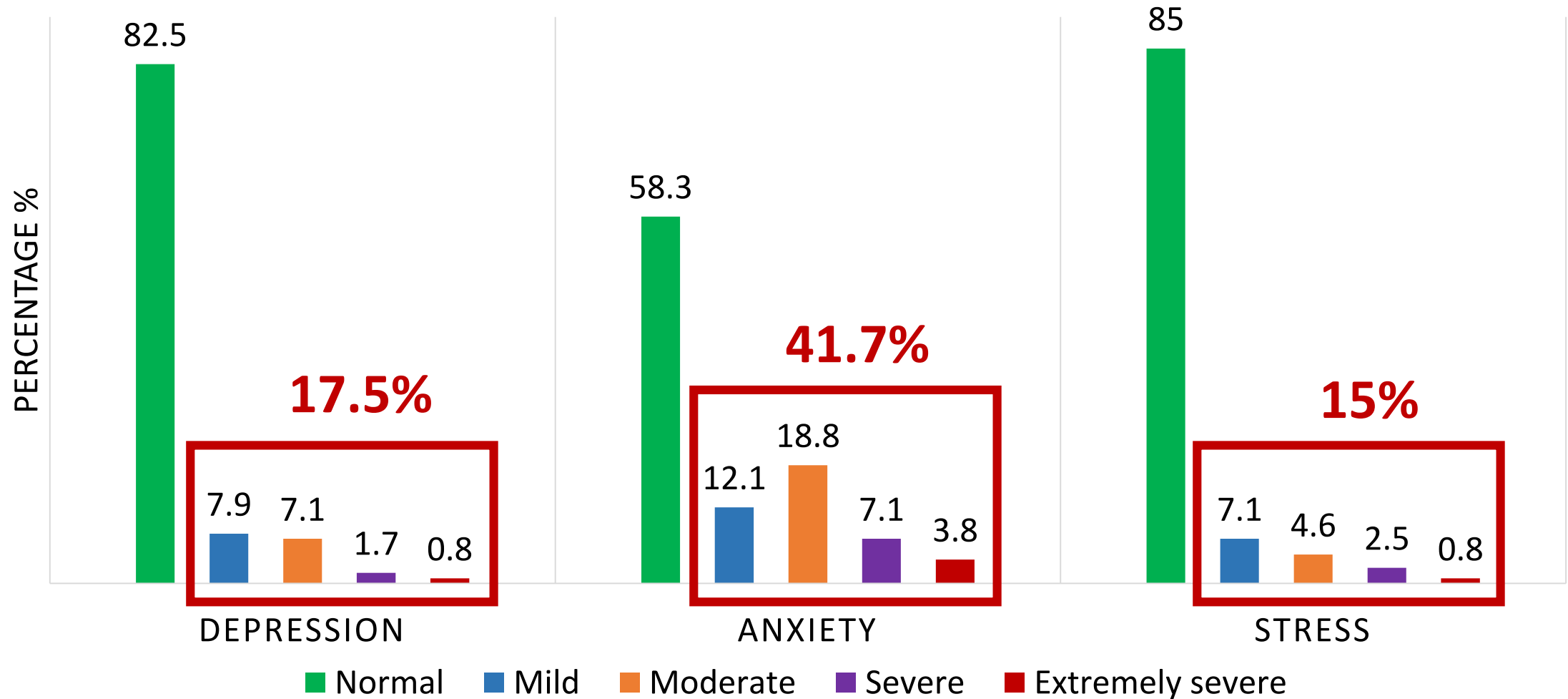


[8]

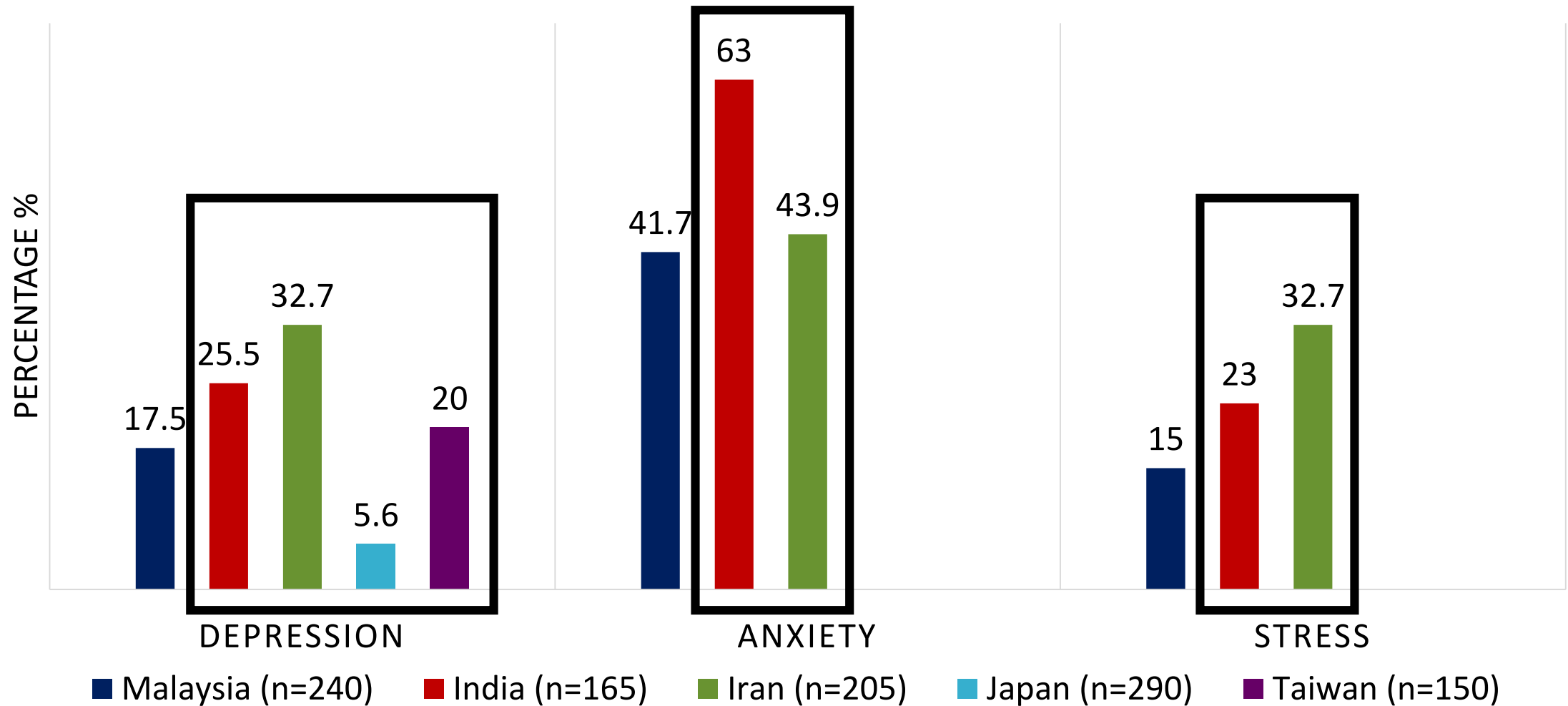


[8]

Psychosocial wellbeing of pregnant women (n=240)



Pregnant women's psychosocial wellbeing between countries [9-11]



Associations between screen time with mental wellbeing (n=240)

Screen time (hours/day)	Global score ^a		Depression ^b		Anxiety ^c		Stress ^d	
	β (95% CI)	p-value	β (95% CI)	p-value	β (95% CI)	p-value	β (95% CI)	p-value
Television	0.091 (-0.21, 1.11)	0.181	0.007 (-0.23, 0.25)	0.920	0.152 (0.03, 0.51)	0.025*	0.080 (-0.11, 0.44)	0.236
Laptop	-0.037 (-1.68, 1.03)	0.638	-0.004 (-0.50, 0.48)	0.970	-0.069(-0.71, 0.27)	0.384	-0.027 (-0.66, 0.47)	0.737
Smartphone	0.102 (-0.08, 0.69)	0.122	0.055 (-0.08, 0.20)	0.411	0.068 (-0.07, 0.21)	0.296	0.138 (0.01, 0.33)	0.036

^aR= 0.219; R²= 0.048; adjusted R²= 0.007.

^bR= 0.158; R²= 0.025; adjusted R²= -0.018.

^cR= 0.237; R²= 0.056; adjusted R²= 0.015.

^dR= 0.243; R²= 0.059; adjusted R²= 0.018.

Adjusted for household income, education level, gestational age and working status.

Discussions

- **TV viewing & anxiety:** Programs (drama, thriller, horror, documentaries, news) may cause emotional instability
- **Smart phone usage & stress level:** Negative effect of social media, apps, games, work-related matters ^[12]
- **Limited time to do daily work/resting → Affects mood** ^[13]
- **High screen time relates to inactivity (sedentary behavior),** shown to negatively affect psychosocial wellbeing ^[14]
- Cannot claim causality



Conclusions

- **Screen time usage may affect the psychosocial wellbeing** among the study population.
- Future study should assess the **content/types of programs** to better understand the associations
- To also investigate the **changes in psychosocial wellbeing** in relation to screen time during pregnancy, among populations with **symptoms of depression, anxiety, stress**





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Ministry of Health

Doctors, nurses & pregnant women

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THANK YOU