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## Emotional Experiences of Obese Women with Adequate Weight Variation During Pregnancy: a Qualitative Study

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**Introduction:** Number of women of reproductive age with obesity has grown in recent years and represents an important aspect of the overall growth in the number of obese people worldwide. Pregnancy is an ideal moment for health professionals' intervention. **Objective:** To understand the emotional experiences reported by obese pregnant women that had adequate variation in weight during the pre-natal. **Methods:** Clinical Qualitative Method. The sample of subjects was intentional and closed by the criterion of information saturation with 13 participants. The technique of semi directed interview with open questions in depth was used. After full transcript of interviews. Qualitative Content Analysis has included: free-floating rereading to unveil cores of meanings from interviewees' discourse and categorization in topics for discussion under a psychodynamic theoretical framework. **Results:** Data analysis for this work indicates four categories. Three of them show a path of caution with the body that obese women have taken during the pregnancy: 1) The body begins to be thought; 2) The challenge of the diet; 3) The relationship with the prenatal health team. The fourth category reveals a source of motivation for changing: 4) Fear as enhancer changes. **Conclusions:** The pregnancy is an opportune moment for women to come into greater contact with themselves and to notice their emotional conflicts. Through the changes in the body, the woman can start a more refined process of self-care and the experience of body-mind unit. The relationship with the professional health team plays an important role in motivational support to pregnant obese women.