

Factors associated with late initiation of ante-natal care among pregnant women at selected Ubungo Municipal Council health facilities May–July, 2023

Kayola, Chrispin Richard. (2023)

## ABSTRACT

### Background:

Majority of pregnant women in Tanzania have been reported to book ante-natal clinics late. Early ANC aims at promotion, detection and treatment of complications which may occur during delivery and puerperium.

### Objectives:

To determine factors associated with late initiation of antenatal care among pregnant women at Ubungo Municipal health facilities in Dar es Salaam, Tanzania

### Design & Methods:

A cross-sectional facility-based study was conducted at selected health facilities in Dar es Salaam. Pregnant women were the target population. Pre-designed clinical research form was the main tool for data collection. Late-antenatal clinic (> 12 weeks) was the outcome measure. Data was analyzed using multivariable logistic regression after appropriate model validation. Unless otherwise stated, an  $\alpha$ -level of 5% was used as a limit of type I error. Written informed consent was sought from each study participants prior to inclusion into the study.

### Results:

The study managed to recruit and analyzed 190 pregnant women. Median age and ante-natal care initiation of participants was 28 (IQR: 25-31) and 21 (IQR: 16-25) years. Majority (97.4%, n=185) of study participants booked ANC late. Gestational age, probable depression and fundal height were the only significant risk for late ante-natal care. Prevalence of probable depression was 97.9%.

## Conclusion:

Gestational age and fundal height were the most relevant clinical factors associated with late initiation to ANC clinics among study population. Ante-partum depression was highly prevalent in this study population. Suicidal ideation was the least frequent depressive symptom reported in this study. Lack of sexual interest was the most frequent depressive symptom in this study population.

Recommendations: Prenatal depression needs to be considered to antenatal mothers. Antepartum depressive symptoms need to be incorporated into ANC screenings.

Keywords: Antenatal Clinic Initiation, late booking, depressive symptoms.