

The psychological effects of pregnancy with an incomplete fetus and ways to increase the chances of a successful pregnancy in the future

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abstract

Pregnancy is one of the sweetest experiences of a mother. During pregnancy, the baby stays in the mother's womb for several months (9 months unless the baby is premature) and is born when the baby's growth and development are complete. Some embryos The time of birth is incomplete and there are defects. The birth of an incomplete baby can depend on various factors. The birth of an incomplete child can have negative effects on the family, especially on mothers, and this makes them refer to doctors and psychologists for repeated pregnancies. In this article, various causes that can lead to incomplete birth of the fetus and also the methods of preventing incomplete birth have been discussed.

Key words: pregnancy, defective fetus, counseling, genetics.

Introduction

Pregnancy occurs when one or more children are growing in a woman's womb. Pregnancy starts after implantation and lasts about 40 weeks. Pregnancy is one of the sensitive periods

of women's lives, which is associated with challenges and problems. Pregnancy counseling as an effective solution can help improve and manage pregnancy challenges and have a positive impact on the pregnancy process and women's physical and mental health. Counseling as an effective method for managing pregnancy challenges can have a positive effect and also plays an important role in the mental and physical health of women during pregnancy and after, and it is recommended that pregnant women benefit from pregnancy counseling. So, in general, it can be said that pregnancy has many challenges that pregnancy counseling can be useful to solve these challenges. Among the common challenges during and after pregnancy, we can mention gestational diabetes, fear and anxiety, depression, respiratory problems, and digestive problems, and the effect of counseling on these challenges was investigated and the results showed that counseling has a positive effect on these challenges. The challenges faced by teenagers are pregnancy at a young age. Pregnancy at the teenage age and its consequences depend on the culture of the people of that region and in cultures where the rate of acceptance of pregnancy during this period is higher. Teenage mothers have a stronger spirit and more social support, and on the other hand, considering that most teenage mothers have low education, it is necessary to be trained by health personnel in the field of pregnancy and newborn care.

Factors affecting the birth of a defective fetus

1-Radiation

Ionizing radiation can disrupt fetal development due to cell death or chromosomal damage. There is no evidence of human birth defects caused by detectable levels of radiation. The critical periods are 8 to 15 weeks after fertilization. In the preimplantation period, teratogens have lethal effects and lead to miscarriage. Due to the long periods of organogenesis and histogenesis, the central nervous system is more sensitive to the harmful effects of radiation. During the fetal period, radiation can cause microcephaly and mental retardation, and there is also a possibility of an increased incidence of leukemia and leukemia in these individuals.

2- Infectious agents

Infectious agents can cause inhibition of mitosis and direct cytotoxic or vascular damaging effects on the fetus. Infections that do not cause congenital malformations but may cause fetal or neonatal death include hepatitis, smallpox, vaccinia, and mumps virus. (Shojaei.f.2016)

3- Chickenpox

Chickenpox is an infectious disease that usually occurs in children. More than 95% of Americans have had the disease. 85 to 95% of pregnant women are immune to chickenpox. The disease is transmitted by the varicella zoster virus. If a woman has chickenpox infection during the first 20 weeks of pregnancy, there is a risk of the baby having defects called congenital varicella syndrome. (Shojaei.f.2016)

4- Syphilis

It is believed that the fetus cannot be affected by syphilis in early pregnancy because a cytotrophoblastic layer prevents the passage of bacteria from the mother's blood to the fetus. This layer disappears by the sixth month.

5-Temperature disorders

5-1 Hyperthermia

An increase in temperature is defined as a body temperature above 38°C and may have negative effects on the fetus. Babies exposed to maternal hyperthermia may have CNS defects and other problems.

5-2 Hypothermia

A decrease in temperature is defined as a body temperature below 35°C and babies of such mothers may have severe brain and nerve cord defects. (Shojaei.f.2016)

Planning for pregnancy is an important and necessary process. which helps parents to enter pregnancy with more knowledge and preparation. and protect the health of themselves and their children. This process includes various steps that I have explained in detail below: (Niknam, 1403)

1.Public health assessment

Going to the doctor to check the general health of the body, the necessary tests (such as blood tests, infection tests, and checking the hormonal status). Also, checking personal and family medical records to identify any risk factors.

2 .Genetic counseling

If there is a history of defective pregnancy or genetic problems in the family, genetic counseling can help identify risks. Conducting tests that may help identify genetic problems is one of the duties of a genetic counselor.

3.Lifestyle adjustment

It is very important and necessary to follow a balanced and nutrient-rich diet, including essential vitamins and minerals (such as folic acid) during pregnancy and even before. It is a useful activity before pregnancy. The state of the fetus depends on the state of the mother and the food she consumes, so avoiding alcohol, smoking, and drugs is one of the essential things that must be paid attention to.

4.Stress management

Children of mothers who have experienced stress during pregnancy will suffer from delayed walking and speech, memory and learning disorders, sleep disorders, excitability, movement disorders, increased emotional reactions, decreased creativity, emotional and behavioral problems, pregnancy and childbirth. It is considered as a crisis in the life of women, paying attention to this physiological phenomenon is of particular importance. Today, in the country's healthcare centers, prenatal care is only limited to physical care, and the mental

health of mothers has been forgotten. While the health of the body depends on the mental health and the mental health of the mother is the guarantor of the health of the family and the child that will be born soon

Learning and practicing stress reduction techniques such as Meditation, yoga or breathing exercises and creating a network of friends and family for emotional support during pregnancy are very important and necessary because any stress and anxiety is bad for the mother.

1.Pregnancy timing

Using different methods (such as ovulation calendars or ovulation prediction kits) to determine the best time for pregnancy and planning to have sex at the right times to increase the chances of pregnancy are among the appropriate measures that can be considered.

2 .Pre-pregnancy counseling

Consulting with a doctor about any concerns or questions related to pregnancy and making sure that the drugs used do not cause problems for pregnancy and if necessary, replacing them can also play an important role during pregnancy and the mother can confidently spend most of her pregnancy. let go

3.Emotional preparation

Thinking about feelings and worries about pregnancy and being a parent and talking about expectations and responsibilities with a life partner can play an important role in mother's peace of mind during pregnancy. Rezaian, 2018)

The experience of pregnancy and delivery of an incomplete baby or with serious problems can have profound effects on the mental health of parents. Anxiety and depression after the birth of a defective child can have a profound effect on parents. Identifying these problems and getting appropriate treatments can help parents cope with these challenges and pay attention to their mental health. If you or someone you know is experiencing these issues, It is important to get help from professionals. Below we have discussed the aspects of anxiety and depression after the birth of a defective child:

1.Postpartum anxiety

Parents may be worried about their child's health and future, especially if the child has serious abnormalities. Also, parents may fear their future or subsequent pregnancies and worry whether they will face the same problems this time. Feeling anxious about the judgment of others and worrying about how the society will react to the child's condition, which can cause stress to the mother and father.

Anxiety symptoms

Heart palpitations, sweating, insomnia, extreme fatigue and feeling restless, constant worry and difficulty in concentrating and avoiding activities or meeting others due to feeling ashamed or worried are among the symptoms of stress and anxiety caused by the birth of an incomplete child. (Abadi, Maryam, 2015)

2 .Postpartum depression

Pregnancy along with psychological and physiological factors and the effect of endocrine secretions has a great impact on the body and mind of women and can affect their natural life. According to the report of the World Health Organization, depression is the most important cause of women's disability in the world today. 10-15% of women suffer from depression during pregnancy, which is an important risk factor for postpartum depression. Parents may feel that they have not been able to take care of their child properly or have not been successful in preventing problems. Loss of dreams and expectations. about the birth of a healthy child, It can lead to feelings of hopelessness and depression. Also, the financial and emotional pressures of caring for a child with special needs can lead to depression. Also, the results of the present study showed that the type of inner belief of effective people, the luck of women during pregnancy has a great effect on the occurrence of postpartum depression. (Dr. Meshki, Mehdi, 2013).

Symptoms of depression

One of the symptoms of depression is deep sadness. People with depression may feel that there is no joy or pleasure in life. This sadness can be so intense that it prevents a person from doing daily activities and puts him in a state of immobility and isolation. Feeling lonely and hopeless are other common symptoms of depression. A person may feel that no one can understand him and this feeling leads to increased loneliness and despair. Feeling worthless is another aspect of depression. People with this disorder may see themselves as worthless and ineffective and feel that they can't do anything right. This feeling of worthlessness can lead to negative thoughts and self-criticism and trap a person in a vicious cycle of hopelessness and despair. Also, guilt is one of the common symptoms of depression. A person may feel guilty for what he did or did not do, and this feeling can lead to a decrease in self-confidence and an increase in anxiety. Changes in sleep and appetite are also other symptoms of depression. Some people may experience insomnia and be unable to fall asleep, while others may develop prolonged sleep patterns. Also, changes in appetite, such as sudden weight loss or gain, can indicate depression. Continuous fatigue is also one of the obvious signs of this disorder. A person may still feel tired even after adequate rest, and the inability to perform daily activities, such as going to work or doing housework, is one of the consequences of this fatigue. Loss of interest in activities and social relationships is another Symptoms of depression. . The person may gradually lose interest in activities they once enjoyed and avoid interacting with friends and family. This isolation can lead to the aggravation of feelings of loneliness and despair and ultimately affect the quality of a person's life.

3.Effects on the family

Anxiety and depression can negatively affect relationships between parents and children, as well as between spouses. Parents may have trouble getting medical and supportive services, which can further complicate the situation.

4. Management and treatment

Individual or group therapy can help parents process their feelings and find effective coping strategies. Also, creating support networks of family and friends can help reduce feelings of loneliness and anxiety. Information about the child's condition and available resources can help parents. help them feel more in control of their situation. (Nasab Nader, Ismail 2011)

The emotional experience caused by an incomplete pregnancy can include a set of feelings and reactions. These feelings need enough time and space to process, and more emotional and psychological support may be needed. We have discussed some of these feelings and their dimensions below (Smith, A. 2021).

1. Feeling hopeless

Many people feel hopeless after an incomplete pregnancy. This feeling may be due to the expectations they had from the pregnancy and the result obtained is extremely disturbing.

2 .grief

Losing a fetus can be like a bereavement experience. People may feel that they have lost an emotional connection and need time to process these feelings.

3.anxiety

The experience of an incomplete pregnancy may cause anxiety about subsequent pregnancies. Worrying about whether everything will go well this time can cause a lot of psychological pressure. (Gonzalez, M. 2021)

4.feeling guilty

Some people may feel that they played a role in the miscarriage, even if this feeling is unfounded. This guilt can be extremely damaging.

5.Fear of judgment

People may fear that others will judge their experience, especially if they are in environments where talking about pregnancy and its problems is considered taboo.

6.Need support

The experience of incomplete pregnancy can increase the need for emotional and social support. People may look to friends, family, or support groups to share their feelings.

7 .A change in perspective

Some people may have a different perspective on life and pregnancy after this experience. This could include a greater appreciation of healthy pregnancies or changes in life goals and plans (Kumar, R. 2022).

Medical consultation in the field of pregnancy after the experience of an incomplete fetus is a vital step to ensure the physical and mental health of the mother and the future fetus. It is necessary. This process helps the mother to approach future pregnancies with more confidence and to experience a sense of cooperation and support. I have discussed various aspects of this consultation below:

1. Physical health assessment

The doctor performs physical examinations and necessary tests to ensure the general health of the mother. If the incomplete pregnancy is due to genetic reasons, genetic counseling can help identify possible risks in future pregnancies. Usually, specialist doctors find the cause of the birth of the incomplete fetus. and will inform the family

2. Examination of the mother's medical history

Pregnancy history: The doctor will review the history of previous pregnancies, especially incomplete pregnancies, to identify contributing factors. The presence of any underlying disease (such as diabetes, blood pressure, hormonal disorders) that may affect pregnancy is investigated.

3. Psychological counseling to the mother

Medical advice can include referral to a counselor or a psychologist to process the feelings and emotional experiences caused by an incomplete pregnancy. This counseling can give mothers or parents the necessary information and even the counselor can determine whether re-pregnancy is suitable for the mother's spirit or not. Also, talking about worries and fears can help the mother feel more confident.

4. Education and awareness

The doctor can provide information about the stages of a healthy pregnancy, possible risks and strategies to prevent problems. Advice on proper nutrition, exercise and stress management methods are important for having a healthier pregnancy. The birth of an incomplete fetus is not under a special component and all factors related to it must be controlled, especially when the first birth of a child is incomplete and in the second pregnancy it must be done with. Become a specialist doctor and consultant for the necessary conversations.

5. Planning for pregnancy

The doctor can help the mother to determine the right time to get pregnant again based on the mother's physical and mental condition. Also, counseling about supplements and medicines that may be needed before and during pregnancy, including folic acid, can play an important role in the process of child birth. (Zahidi Anarki, Farzane 2013)

Ethical points raised in counseling mothers with abnormal fetuses

After the confirmation of the diagnosis of the abnormality in the fetus, the ethical points in the clinical medicine of pregnant women become more apparent, which need to be considered in providing counseling. Here are some of them:

Secrecy

As it was said, accepting a fetus with abnormalities can be very challenging for the family, community, and doctor. Therefore, it is very important to maintain confidentiality and observe secrecy about it, this is not so easy; Because parents sometimes want to hide it even from their closest friends. One parent may even request that the doctor not reveal the truth to his wife. In this way, in the case of abnormal abortion, it is necessary to observe confidentiality and protect the patient's information (parents) as well as other medical procedures. However, there are various issues in this area that make it challenging to maintain confidentiality, because according to studies, abortion is often considered a private matter that can lead to feelings of guilt and mistakes.

The importance of doctor-patient relationship

As mentioned before, making a decision about an abnormal fetus poses severe challenges to the parents and the doctor. Therefore, the precise and scientific formation of the relationship between the doctor and the patient (parents) is very necessary and important in such a critical situation. Sufficient skill in conveying the news and managing the subsequent consequences, avoiding patriarchy and delegating decision making to parents will help to build the necessary trust.

Paying attention to the intellectual background and moral and cultural values of the doctor and the patient

There are different views about the moral position of the fetus with abnormality. For example, some do not respect him and believe that severe abnormalities have turned the fetus into a monster that cannot be avoided. On the other hand, some rely on the value of life. In his opinion, since the abnormal fetus has an immaterial dimension, there should not be a discriminatory view towards it.

Delivering bad news

When the defects of the fetus are registered for the doctor, or at least he considers it very probable, a heavy responsibility is placed on him to convey this news to the mother or parents. Doubt can be considered one of the most important stages during counseling. Because, based on scientific and objective evidence, it is very effective in the amount and quality of the tension that these mothers experience. After the definitive diagnosis of the abnormality in the fetus, parents and doctors face deep moral challenges. The attitude of the parents towards the position of the abnormal fetus is very influential in their decision making. It seems that a brief explanation of the spectrum of opinions for parents by a team of experts will broaden the perspective of parents, the need to create a consultant team made up of experts in related fields is something that should be given special attention. Perhaps one of

the most important tasks that the counseling team should do is to reduce the shock of receiving the news of the fetal abnormality for the parents and help them to make the best decision without pressure and stress to make a particular decision.

In this study, important ethical points were pointed out, which are worthy of attention in counseling pregnant mothers about fetuses with abnormalities. These points include the skill in conveying bad news, paying attention to the Suderman principle, the importance of the doctor-patient relationship, paying attention to the intellectual grounds, the moral and cultural values of the doctor and the patient, respecting the autonomy of the parents and the doctor, giving sufficient and effective information. Secrecy, observing the rights of the fetus and moral counseling for the mother after abortion, although the importance of paying attention to the mentioned points is always emphasized, the interpretation of these points sometimes differs between Islamic and non-Islamic views. As an example, in the non-Islamic point of view, benefit is a benefit that accrues to the body and mind, while from the perspective of Islam, it can be a more comprehensive benefit. To provide a suitable platform for the emergence of human and spiritual perfections. These cases become more obvious when the expression of Islamic views on abnormal fetuses prevents parents from paying attention only to the imperfect appearance of the fetus (with a wide spectrum of defects) and opens the horizons of superiority to them. Kurdish, but also deep, scientific explorations from different dimensions will be necessary. In this regard, paying attention to the interest of the community is also one of the important points, which will be useful. In fact, it is necessary to consider the social conditions and the high costs that such embryos will have. Also, attention should be paid to this phenomenon from the point of view of resource allocation. In any case, it is very important to give a wide and comprehensive attention to the issue of the fetus with any abnormality in the mentioned spectrum. In this regard, holding medical ethics workshops on the issue of fetuses with abnormalities can be effective. In such workshops, by inviting specialists of various sciences such as doctors, nurses, midwives, psychologists, philosophers, lawyers, etc., it is possible to provide the basis for effective mutual thinking. Some suggestions that can be made for those involved in this field are:

1. Providing specific and well-equipped centers to confirm fetal abnormalities that have a multi-specialty consultant team.
2. . Permanent access of the mother (parents) to the psychologist during the first week after receiving the news and if necessary after that).
3. The existence of a person knowledgeable about religious and jurisprudential issues in the mentioned centers to consult with parents
3. Using successful disabled people in the mentioned centers to talk and consult with parents.

In this study, the important ethical points in counseling pregnant women with abnormal fetuses are examined and some Islamic opinions are also mentioned. Undoubtedly, such indications can facilitate ethical decision-making about these

embryos. Also, a review of the scientific literature shows that we still need ethical guidance on abortion in general and abortions with abnormal fetuses in particular. In Iran, despite the fact that valuable ethical guidelines have been designed and presented in the field of research and education, no ethical guidelines have been compiled in the field of treatment. Therefore, according to the deep moral issues that are raised about abortion and also the existence of sometimes very different practical approaches, it seems necessary to compile an ethical guide in accordance with Islamic approaches. In this regard, it is hoped that this article can help clarify the relevant horizons.

With the increase in the level of education in pregnant women, the level of self-care also increases. Reducing the consumption of cigarettes and tobacco in pregnant women is associated with a decrease in the possibility of anemia, miscarriage, low birth weight, declamation and premature birth. Mothers who have hard and heavy jobs are more exposed to the birth of preterm and low birth weight babies. Also, mothers who have high-risk behaviors such as addiction are exposed to various infections and the risk of preterm labor increases in them.

In mothers with a BMI above normal, the risk of preterm labor and birth of a low birth weight baby increases. On the other hand, mothers who have good oral and dental hygiene are less prone to preterm labor. Also, mothers who have been trained for care during pregnancy have experienced a reduction in abortion and preterm labor (Jabari Ali 2015).

The side effects of mother's smoking on the male child's sperm production capacity is another reason to quit smoking before pregnancy. Weight, length of term, pregnancy, type of delivery and caesarean section do not exist (Tabari Motahari, Narges Al-Sadat, 2019).

Since health promotion during pregnancy is one of the challenges of advancing the health system in Iran and other countries of the world, teaching self-care to pregnant mothers as well as community-based care can help reduce the risk of preterm labor and fetal death.

Conclusion

This article examines the challenges and consequences of incomplete pregnancy and the importance of counseling in this field. Pregnancy is one of the most sensitive periods in women's lives, which can be associated with many psychological and physical challenges. The birth of an incomplete baby can have profound effects on the mental health of the parents and the entire family. The importance of pre- and post-pregnancy counseling, especially in cases where there is an incomplete pregnancy history, is clearly stated. Genetic, psychological, and medical counseling can help identify risks and provide appropriate strategies for managing stress and anxiety. Finally, paying attention to ethical aspects in counseling pregnant mothers and supporting them in difficult decisions is of particular importance. Improving awareness and education in this field can help improve the mental and physical health

of mothers and babies and lead to the creation of a supportive and positive environment for families. Medical consultation in the field of pregnancy after the experience of an incomplete fetus is a vital step to ensure the physical and mental health of the mother and the future fetus. It is necessary. Important ethical points were pointed out in counseling pregnant mothers with abnormal fetuses, which include the skill of conveying bad news, paying attention to the principle of beneficence, the importance of the doctor-patient relationship, paying attention to the intellectual grounds, the moral and cultural values of the doctor and the patient, and respecting the autonomy of parents. And the doctor giving sufficient and effective information, confidentiality, observing the right of the fetus and moral counseling for the mother after abortion are always emphasized.

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