

**Objective**

To determine the association of risk factors for pregnancy induced hypertension (P.I.H.).

Methodology

The study was a case control study which was carried out at Castle Street Hospital for Women during August 2006 to September 2006. There were newly diagnosed 100 mothers having P.I.H. who were chosen as cases and 100 mothers with uncomplicated pregnancies who were chosen as controls. Both cases and controls had a period of amenorrhoea more than 20 weeks. All mothers were identified from antenatal clinics of the hospital. Psychosocial stress was measured by using General health Questionnaire - 30 and Modified Life Event Inventory. Maternal sociodemographic information and other data were collected using an interviewer administered questionnaire and a record sheet. Odds ratios and 95% confidence intervals were calculated and multivariate logistic regression analysis was applied to control for confounders to identify the risk factors.

Results

After adjusting for confounding effect experiencing two or more life events during pregnancy (O.R.:2.06, 95% C.I.: 1.06 – 10.87), mothers having a B.M.I. of 26kg/m² or more before 16 weeks of P.O.A. (O.R.: 2.37, 95% C.I.: 1.12 – 5.0), mothers age 28 years or more (O.R.: 3.88,95% C.I.: 2.01 – 7.49), having a history of antepartum haemorrhage (O.R.: 3.36, 95% C.I.: 1.05 – 10.87) and standing for more than 1.5hrs at one stretch (O.R.: 3.43, 95% C.I.: 1.59 – 7.39) was statistically significantly associated with developing P.I.H. Having a G.H.Q. score of ≥ 6 was not associated with P.I.H. (O.R.: 3.04, 95% C.I.: 0.98 – 9.55).

Conclusion

Experiencing two or more life events during pregnancy, mothers having a B.M.I. of 26kg/m^2 or more before 16 weeks of P.O.A., mothers age 28 years or more, having a history of antepartum haemorrhage and standing for more than 1.5hrs at one stretch were risk factors for P.I.H.