

Abstract

In order to obtain a picture of mental health among local pregnant women, three hundred and fifty-seven pregnant women, referred for prenatal check up, were surveyed. The General Health Questionnaire (GHQ), the Eating Disorder Inventory (EDI), the Belief in Personal Control Scale (BPCS), the Maternal Antenatal Emotional Attachment Scale (MAEAS), the Family Support Scale (FSS), and a demographic questionnaire were administered.

Findings supported that pregnant women's mental well-being was negatively correlated with body image and positively correlated with perceived control, maternal-fetal attachment and spousal support. While drive for thinness, perceived control and quality of maternal-fetal attachment contributed most to the variation of psychological distress in pregnant women in hierarchical regression.