

## **Body image and maternal fetal attachment**

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### **ABSTRACT**

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**Introduction:** Pregnancy is the time of the most dynamic and visible changes in a woman's body. Some researchers have shown that woman's ability to adapt to changes in her body may affect the attitude towards her baby.

**Purpose:** To study the relation between body image in pregnant women and the attachment to the unborn child.

**Materials and methods:** 100 women in II trimester completed Maternal Fetal Attachment Scale (MFAS) and Body Image Questionnaire.

**Results:** The analysis showed a significant relation between the attitudes towards the own body during pregnancy and the quality of the mother-child attachment. According to the research, the mothers who were strongly attached to the child were concurrently dissatisfied with bodily changes. Socio demographic variables (age, education, marital status, place of living), pregnancy-related variables

(pregnancy planning, familiarity with child's gender, the level of preparation to maternity) and the variables related to the woman's body (BMI before pregnancy, severity of pregnancy complaints) had no impact on maternal-fetal attachment. Also, the attitude towards the own body was formed regardless of socio demographic variables and pregnancy-related variables. Significant relations between the attitudes towards own body and the variables associated with woman's body (BMI, pregnancy complaints) were observed.

**Conclusions:** Woman's attitude towards the body and changes during pregnancy is a complex issue. According to the results of this study, it is possible to develop a positive bond with the child despite experiencing dissatisfaction with own body.

**Key words:** Body image, pregnancy, maternal-fetal attachment

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