

# Assessment of Fatigue Among Pregnant Women Using the Fatigue Assessment Scale: A Cross-Sectional Study

POORVI MATHUR<sup>1</sup>, MEGHANA REDDY<sup>2</sup>, RENUKA JAKHAR<sup>3</sup>

## ABSTRACT

**Introduction:** Fatigue is a common symptom in pregnancy, especially in the first and third trimesters, caused by hormonal changes like increased progesterone, increased blood volume and heart rate, and the physiological demands of supporting foetal development, disrupted sleep. It may affect physical as well as psychological well-being and maternal quality of life.

**Aim:** This study aimed to assess the prevalence and the severity of fatigue among pregnant women using the FAS questionnaire and to explore its association with demographic and obstetric variables.

**Materials and Methods:** A cross-sectional survey will be conducted among pregnant women attending the Gynecology OPD. Participants will be administered the Fatigue Assessment Scale (FAS) questionnaire, a 10-item self-reported measure of fatigue. Its scoring will be done out of a total score of 50, with a cut-off values, 10-21, no fatigue; 22-34, substantial fatigue and

more than 35, severe fatigue. Demographic characteristics and obstetric variables will be collected. The questionnaire will be distributed to pregnant females coming for antenatal checkups; 155 filled questionnaires will be collected; the data will be coded and stored in MS Excel.

**Result:** Responses will be analysed to assess the severity of fatigue experienced in various trimesters and their effect on Quality of Life (QOL) and physical and mental well-being of the pregnant women. Statistical association between fatigue levels and age of mother as well as gravid and period of gestation will be calculated.

**Conclusion:** Fatigue is highly prevalent among pregnant women and warrants greater attention in routine antenatal care. The FAS questionnaire is a valid tool for assessing fatigue, highlighting the need for early identification and supportive interventions to improve maternal well-being.

**Keywords:** Antenatal care, Maternal health, Pregnancy

## PARTICULARS OF CONTRIBUTORS:

1. Postgraduate Student, School of Physiotherapy, SGT University, Gurugram, Haryana, India.
2. Postgraduate Student, School of Physiotherapy, SGT University, Gurugram, Haryana, India.
3. Assistant Professor, School of Physiotherapy, SGT University, Gurugram, Haryana, India.

## NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Dr. Renuka Jakhar,  
Assistant Professor, School of Physiotherapy, SGT University, Gurugram, Haryana, India.  
Email: renuka\_sphy@sgtuniversity.org