

## **Assessment of Health Beliefs Regarding Weight Control among Overweight and Obese Pregnant Women: Applying Health Belief Model**

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### **ABSTRACT**

**Objective:** The study aimed to assess overweight and obese pregnant women's beliefs related to weight control behaviors.

**Material:** A descriptive study design was conducted from July 2<sup>nd</sup> 2022 to November 7<sup>th</sup> 2022. A random sample of (532) pregnant women was chosen. The study was conducted at randomly selected Primary Health Care Centers on right & left side of Mosul city.

**Results:** The study finding showed the mean age of the participants was  $27.2 \pm 2.75$  years, (84.02%) of them live in the city, (68.80%) are housewives, results also indicated that the mean score of participants' beliefs related to weight control behaviors was low (25.5) for all subscales of health beliefs.

**Conclusions:** The study showed that most of the overweight and obese pregnant women's beliefs related to weight control in general were low for all subscales of the Health Belief Model.

**Key words:** Assessment, Self-Efficacy, Weight control, Pregnancy.

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