

Assessment of Gestational Diabetes Mellitus Knowledge, Attitudes, and Practices Among Jordanian Women: A Cross-Sectional Study

Dana Salah Almahadin, MSc* Tasneem Basheer Musbah Ali , MSc* Ahmad Mohammad Al-Ja'afreh, PhD**

ABSTRACT

Gestational Diabetes Mellitus (GDM) is a metabolic condition associated with high blood glucose levels during pregnancy, especially during the third trimester. This cross-sectional study aimed to assess the knowledge, practice, and attitudes of Jordanian females regarding GDM and evaluate the effect of different demographic factors and relevant characteristics of participating females on the level of their knowledge, practice and attitudes. This cross-sectional study enrolled Jordanian females between May and June of 2024. A questionnaire was designed that included four sections, including demographic/clinical information, knowledge, attitude, and practice. The participants demonstrated an overall moderate level of knowledge and good attitude and practice regarding GDM. Additionally, the results revealed a statistically significant Correlation between the stage of pregnancy, monthly income, and knowledge score. Also, a statistically significant association was found between marital status and attitude score. In addition, a statistically significant association was found between the number of visits to the maternity and childhood center during pregnancy and practice score. The results provide valuable insights about the knowledge, attitudes, and practices of women with GDM in Jordan regarding GDM and other related aspects. The findings of this study may contribute to the advancement of developing optimal programs that facilitate self-management of GDM among Jordanian women

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* Department of Allied Medical Professions
Al-Karak University College
Al-Balqa Applied University
Karak, Jordan.
Email: dana.mahadin@bau.edu.jo

** Department of Medical Laboratory Sciences
Mu'tah University, Karak, Jordan.