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The experience of obese pregnant women's encounter with healthcare professionals. Can motional interviewing be implemented in a group of obstetric healthcare professionals working with obese pregnant women.

Obesity is a significant cause of physical and mental health problems around the world. Today more than 30% of all pregnant women are obese. This increases the risk of poor pre-, peri- and postnatal outcomes. According to the literature all efforts to prevent and to treat the condition have so far been of limited success. It is increasingly acknowledged that one reason for this is the great complexity of the problem which is generated and perpetuated by a wide range of individual, cultural and social factors. Recent research has highlighted many concerns raised by overweight individuals regarding medical and public health approaches to obesity. Overweight people often face stigmatization and discrimination; they may lack confidence and self-esteem. Furthermore, research has shown that whilst people who are overweight repeatedly turn to diets and exercise to address their weight, they find it extremely difficult meeting healthcare professionals with whom they cannot have an honest conversation about their overweight. This may be caused by emotional problems. The aim of this project is to explore the lived experience of obese pregnant women as well as how motivational interviewing can help health professionals understand and communicate at a higher level when working with obese pregnant women. The research aims to generate knowledge about obese pregnant women's experience and sense of being stigmatized before, under and after pregnancy. Furthermore it will generate knowledge about how motivational interviewing can help health professionals meet and communicate with these obese pregnant women in the daily clinic.

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