Effects of psychosocial work factors on preterm birth: Systematic Review and Meta-analysis

An estimated 13.4 million babies were born preterm in 2020

Across countries, the rate of preterm birth ranges from 4–16% of babies born in 2020

Preterm birth complications caused around 900,000 child deaths in 2019

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1 Background

Preterm is defined as babies born alive before 37 weeks of pregnancy

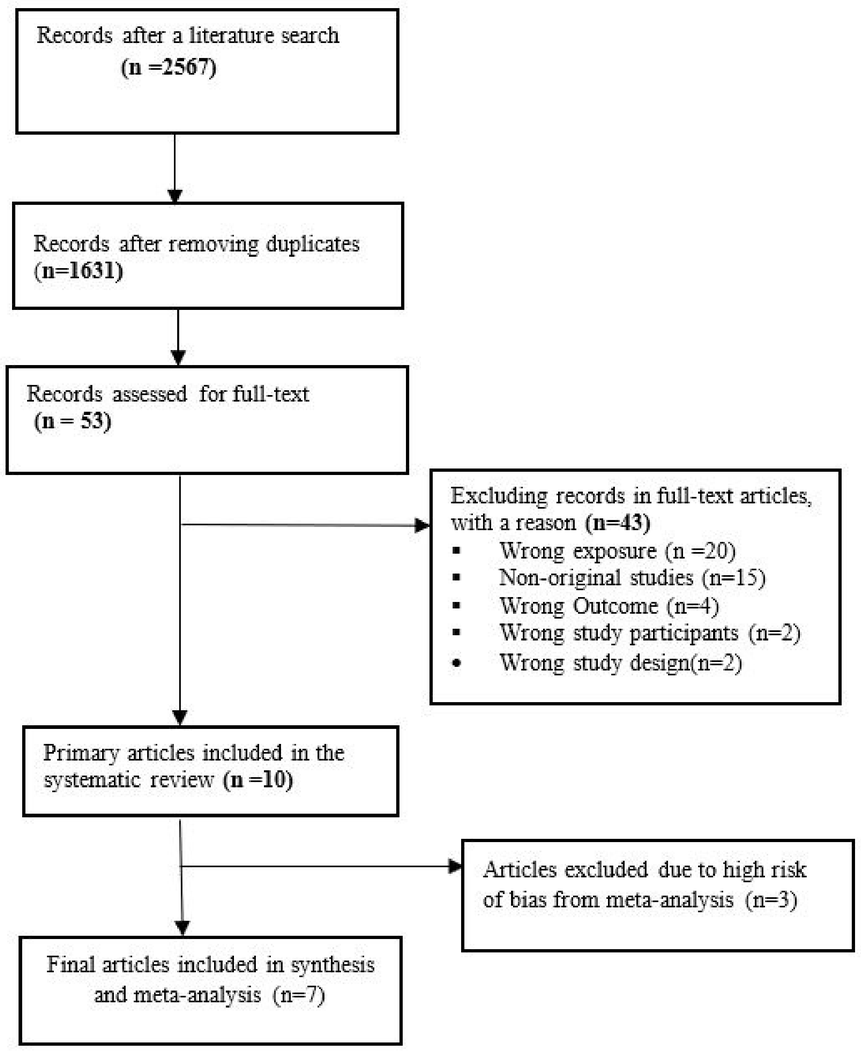
2 Research Questions

- Does job strain affect preterm birth rates in working pregnant women?
- What is the effect of organisational injustice on the risk of preterm birth in employed pregnant women?
- Does workplace effort-reward imbalance affect preterm birth risk in pregnant employees?

3 Methodology

- Registered in PROSPERO
- JBI Risk of bias assessment
- GRADE quality assessment
- Systematic literature review and Meta-analysis/random effects modelling

4 Results



4.1. Characteristics of included studies

4.1.1. Study design

- Cohort studies (n=4)
- Case-control (n=4)
- Cross-sectional (n=2)

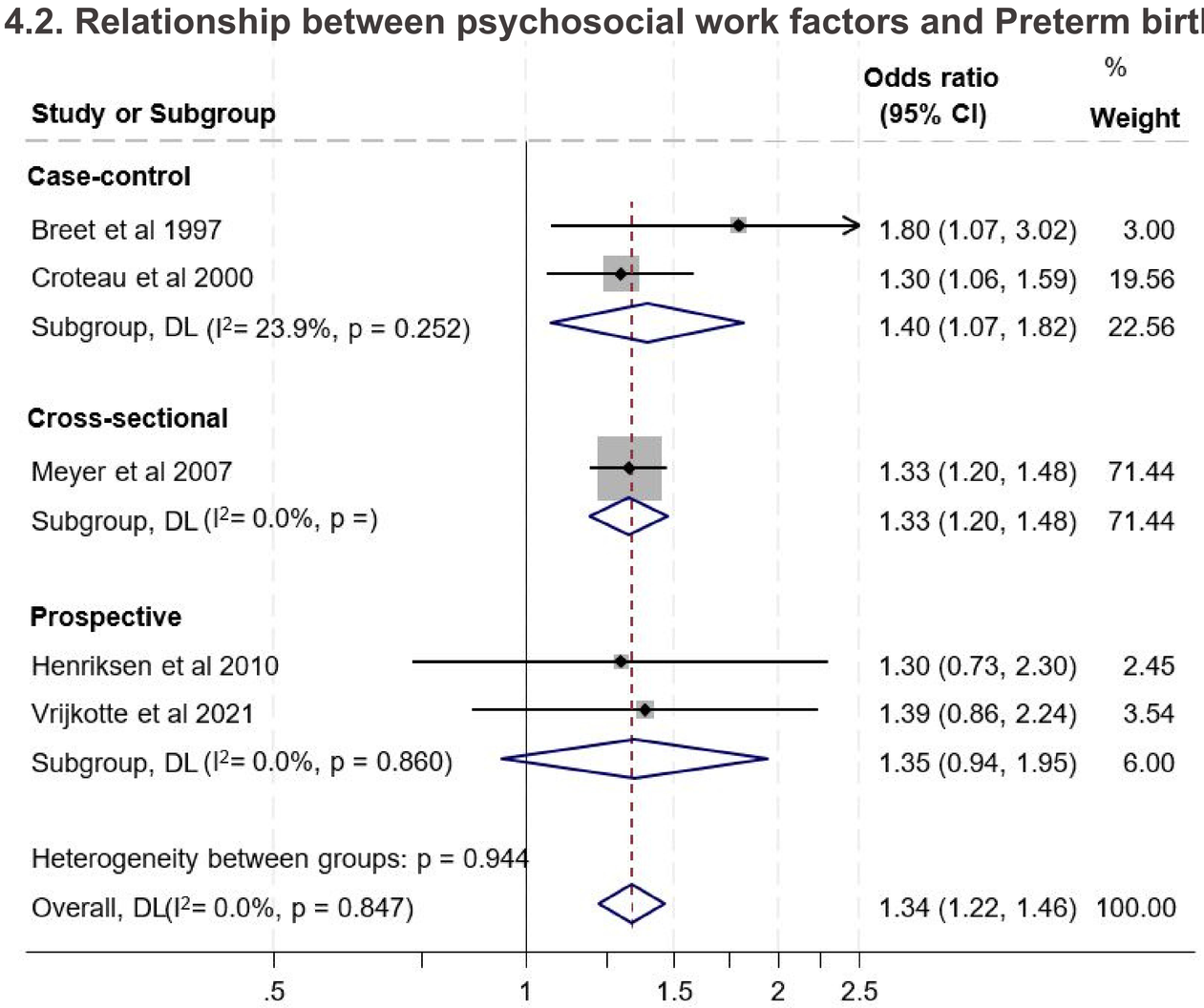
4.1.2. Country of origin

- USA (n=3)
- Denmark (n=3)
- Canada, Mexico, Netherlands and Spain (n=1 each)

4.1.3. Risk of bias (ROB)

- Low ROB (n=5)
- Moderate ROB (n=2)
- High ROB (n=3)

4.2. Relationship between psychosocial work factors and Preterm birth



5 Conclusion

- Pregnant women who experience high levels of psychosocial job strain are more likely to give birth prematurely.
- Thus, employers should create supportive work environments,
- Clinicians should screen and support affected pregnant women,
- Pregnant women themselves should also be vigilant in reducing their exposure to harmful psychosocial factors at work,
- Future studies should also examine the impact of different psychosocial work factors on preterm birth

6 Contact

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