



The RELEVANT Study: Rethinking Stillbirth through Behaviour Change

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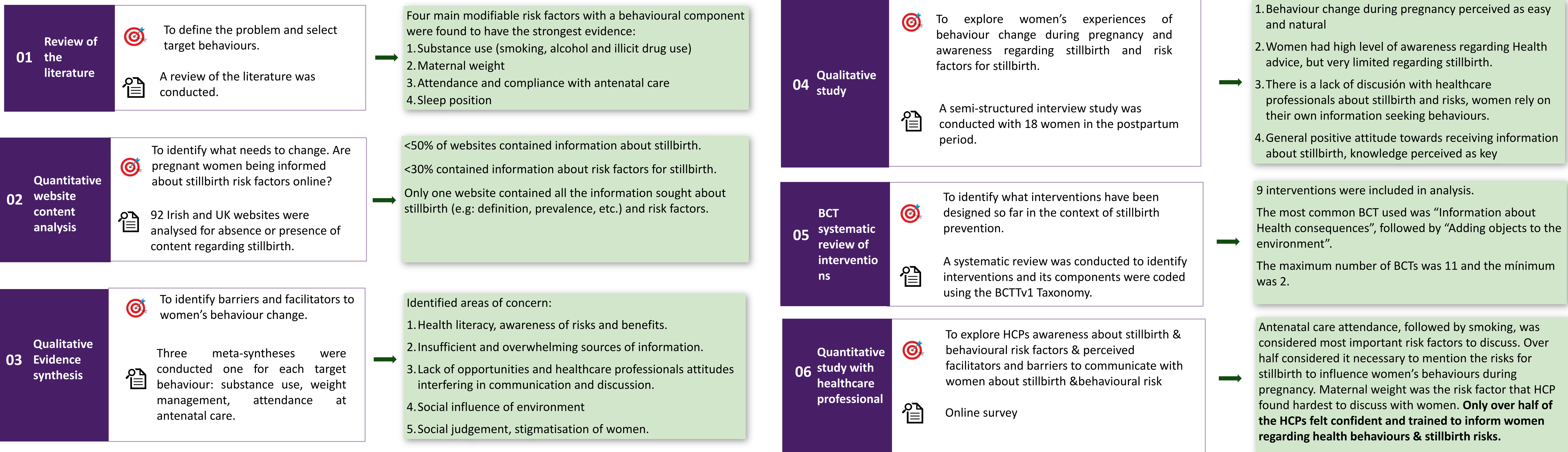
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Background

Modifiable maternal behaviours (e.g., substance use, weight management behaviours, attendance at antenatal care, and sleep position) can influence stillbirth risk. The RELEVANT STUDY is a doctoral research project that was launched in October 2018.

Overall aim of project: To build an evidence base to inform development of a behaviour change intervention to tackle modifiable risk factors for stillbirth (substance use, attendance to antenatal care, maternal weight and sleep position).

Methods and findings



Conclusion

Interventions addressing modifiable risk factors for stillbirth may facilitate behaviour change during pregnancy. Raising awareness about risks and promoting discussion to reduce misconceptions; as well as addressing external recurrent barriers like stigmatization and interference from the social context is essential to support behaviour change in women.

