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### Happiness and associated factors amongst pregnant women in the United Arab Emirates: The Mutaba'ah Study

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### Abstract Structure

The main Headings of the abstract may include:

**Background and aims:** Happiness is a subjective sense of well-being, joy, or contentment that includes both positive affect and life satisfaction<sup>1</sup>. Prenatal happiness and life satisfaction research are often over-shadowed by other pregnancy and birth outcomes. There is limited extent scientific literature on the health and well-being of women during pregnancy in the UAE. This analysis investigated the level of, and factors associated with happiness amongst pregnant women in the United Arab Emirates (UAE).

**Methods:** This study reports the results from the baseline cross-sectional data from pregnant women from the Emirati population participating in the Mutaba'ah study. Data was collected via self-administered questionnaires about sociodemographic and pregnancy-related information during the antenatal visits between May 2017-July 2021. Happiness was assessed on a 10-point scale (1=very unhappy; 10=very happy). Regression models were used to evaluate the association between various factors and happiness.

**Results:** Overall, 9,350 pregnant women were included with a mean ( $\pm$ SD) age of 31.0 $\pm$ 6.0 years. The majority were multiparous with mean parity 2 $\pm$ 2. The mean ( $\pm$  SD) happiness score was 7.7  $\pm$  2.2 and the median score was 8 (IQR: 6-10) for the included pregnant women. Majority (60.9%) of the women reported their happiness as  $\geq$ 8 whilst more than a quarter (28.4%) perceived themselves to be “very happy” (maximum score of 10). Higher levels of social support, planned pregnancies and primi-gravidity were independently associated with higher odds of being happier; adjusted odds ratio (aOR (95% CI): 2.02 (1.71-2.38), 1.34 (1.22-

1.47), and 1.41 (1.23-1.60)), respectively. Women anxious about childbirth had lower odds of being happier (aOR: 0.58 (0.52-0.64)).

**Conclusions:** Self-reported happiness rates were high among pregnant women from the Emirati population in the UAE. Health services focusing on promoting a positive mood about pregnancy and childbirth and enhancing social support may ensure continued happiness during pregnancy and beyond among women.

**Keywords:** Happiness, Maternal Health, Gravidity, Pregnancy, Social Support, United Arab Emirates

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