

Knowledge, Attitude and Practice regarding Iodine Deficiency Disorder among Pregnant Women at University Hospital, Khon Kaen, Thailand

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Background and Objective: Adequate iodine intake during pregnancy and lactation is critically important for brain development. Iodine deficiency especially during pregnancy is still a major public health problem in Thailand. This study assessed the knowledge, attitude, and practice regarding iodine deficiency and supplementation among pregnant women.

Materials and Methods: We performed a cross sectional descriptive study. 363 first antenatal-visit pregnant women at Srinagarind Hospital, Khon Kaen University during October 2014 to April 2015 were included in the study. Data was collected using self-answered semi-structured questionnaire and interview. Descriptive analysis was conducted and Pearson Chi-square was used to determine association between factors and practice regarding iodine deficiency.

Results: Among the 363 pregnant women, only 121 (33.33%) participants had good knowledge, only 128

(35.26%) participants had substantially positive attitude regarding iodine deficiency, and 86 (23.69%) participants reported good practice of iodine supplementation. Pregnant women with good knowledge of iodine deficiency had significantly better practice (Odds ratio = 19.3, $p = 0.001$). In addition women with positive attitude toward iodine deficiency had significantly better practice (Odds ratio = 30.70, $p < 0.001$).

Conclusion: Knowledge, attitude, and practices regarding iodine deficiency and supplementation among pregnant women were insufficient. Healthcare providers should pay more attention in addressing this important health problem.

Keywords : iodine; pregnancy; knowledge; attitude; practice

