

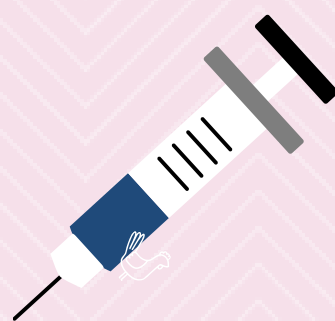
JANUARY 2022

EFFECTS OF MEDITERRANEAN DIET OR MINDFULNESS-BASED STRESS REDUCTION ON PREVENTION OF SMALL-FOR-GESTATIONAL AGE (SGA) BIRTH WEIGHTS IN NEWBORNS BORN TO AT-RISK PREGNANT INDIVIDUALS



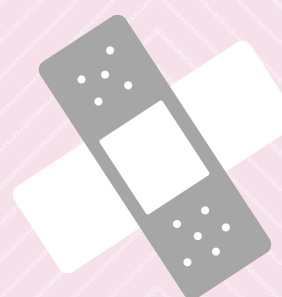
PRESENTING QUESTION

Does Mediterranean Diet or Mindfulness-Based Stress Reduction play a role in prevention of Small-for-Gestational Age (SGA) Newborns born to at-risk pregnant individuals?



INDEPENDENT VARIABLE

Pregnant women receiving Mediterranean Diet or Mindfulness-Based Stress Reduction.



COMPARATOR

Pregnant women not receiving Mediterranean Diet or Mindfulness-Based Stress Reduction.



OUTCOME

SGA occurred in 88 newborns (21.9%) in the control group, 55 (14.0%) in the Mediterranean diet group and 61 (15.6%) in the stress reduction group.



SYNOPSIS

A parallel-group Randomized Clinical Trial was conducted at a University hospital in Barcelona, Spain, including 1221 individuals with singleton pregnancies at high risk for SGA from 19-23 weeks' gestation. Participants in the Mediterranean Diet group received 2 hours of individual and group educational sessions monthly and free provision of extra-virgin olive oil and walnuts. Individuals in the stress reduction group underwent an 8-week stress reduction program consisting of weekly 2.5-hour sessions and 1 full-day session. Individuals in the usual care group received routine usual pregnancy care. The primary end point was the percentage of newborns who were SGA at delivery, defined as birth weight below the 10th percentile.



KEY TAKEAWAY

- Treating pregnant individuals at high risk for SGA with a structured Mediterranean Diet or with Mindfulness-Based Stress Reduction significantly reduced the percentage of newborns with birth weight below the 10th percentile compared with usual care.
- Due to important study limitations, these findings should be considered preliminary and require replication in a larger patient population before concluding that these treatments should be recommended to patients.