

Authors

Catherine Stephens, Christina Cunliffe and Ian Johnson

Title

A survey of women's awareness of- and attitudes towards- chiropractic care during and after pregnancy

Affiliation

McTimoney College of Chiropractic, Abingdon

Rationale

While acceptance and use of chiropractic is increasing generally, there is little information on its use by subgroups who may require special information to make informed choices about their healthcare. This study looks at attitudes of women towards chiropractic during- and after- pregnancy.

Aims and Objectives

To examine the attitudes and awareness of women towards chiropractic treatment during- and after- pregnancy

Design

An anonymous, self-completed questionnaire.

Subjects

Convenience sampling of women attending parent and toddler groups in Aberdeenshire who were either pregnant or had a child under 5.

Methods

After obtaining the necessary permissions, 107 questionnaires were distributed and completed during parent and toddler sessions.

Results

All questionnaires were returned and usable. Respondents were generally unable to indicate an attitude towards the safety and efficacy of chiropractic during pregnancy,

with most respondents (51%) neutral on this point. Fewer respondents were aware of the safety and efficacy of chiropractic in children. 41% were neutral when asked if they considered chiropractic unsafe for children although 33% disagreed. The most frequent conditions reported during pregnancy were low back pain (61%) and headache (31%). Reporting of conditions to healthcare providers was generally high. Despite respondents stating a high level of experience of chiropractic and awareness of conditions chiropractors can treat, few chose chiropractic treatment during pregnancy.

Conclusion

This study shows a discrepancy between patients' awareness of chiropractic and their experience of chiropractic. This may indicate a need for a reassessment of current patient and healthcare provider education about chiropractic during and after pregnancy.