

## ORTHOREXIA NERVOSA AND ASSOCIATED FACTORS IN PREGNANT WOMEN

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**BACKGROUND AND AIM:** Orthorexia nervosa (ON) is an obsession with healthy eating, which can lead to physical, psychological, and social difficulties. Pregnancy involves changes that may influence eating behaviors. This study evaluates the prevalence of ON and associated factors among pregnant women at Selçuk University Faculty of Medicine.

**METHODS:** This cross-sectional study was conducted between August 2 and August 16, 2024, with 99 pregnant women from the obstetrics outpatient clinic. Participants completed a 14-item sociodemographic questionnaire and the 24-item Orthorexia Nervosa Inventory (ONE). Assessed variables included age, education, employment status, family income, pregnancy count, gestational age, pre-pregnancy weight, height, smoking status, daily meal frequency, folic acid use in the first trimester, and iron, vitamin D, and multivitamin supplementation in the second trimester. Ethical approval was obtained from the Selçuk University Local Ethics Committee (Approval number: 2024/426). Statistical analyses included correlation and group comparisons.

**RESULTS:** Participants were aged 17–44 years, with a mean ONI score of  $41 \pm 8.3$ . Those in the second trimester who did not use iron had higher ONI disturbance subscale scores ( $p = 0.024$ ). Pregnant women who did not use vitamin D had higher total ON scores ( $p = 0.047$ ) and higher ONE disorder subscale scores ( $p = 0.036$ ). A positive correlation was observed between age and ONI total scores ( $r = 0.202$ ,  $p = 0.045$ ), as well as between pre-pregnancy body weight and emotional stress ( $p = 0.048$ ,  $r = 0.202$ ) and disturbance subscale scores ( $p = 0.023$ ,  $r = 0.232$ ).

**CONCLUSIONS:** The findings suggest that ON risk in pregnant women is influenced by sociodemographic and psychological factors. The increased ON tendencies in those not using vitamin D and iron suggest a potential link between nutrition and ON risk. Nutritional and psychological counseling during pregnancy may help mitigate these risks.

**Keywords:** Eating disorders, orthorexia nervosa, pregnancy