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كتيبات ملخصات البحوث التطبيقية بالكلية

رقم الصفحة بالدراسة الذاتية (166)

## كتبيات ملخصات البحوث التطبيقية بالكلية للعام الجامعي

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عميد الكلية

ا.د/مروة مصطفى رباح

٢٠٢٥



٥٧٣٥٩



## **Effect of Pelvic Rocking Exercises on Menstrual Cramps among Female Nursing Students**

**Authors:** Amal Saad Soliman; Soad Abd-Elsalam Ramadan; Elham Abozied Ramadan

### **Abstract:**

Dysmenorrhea is a common gynecological condition among young females, often affecting academic performance, daily activities, and quality of life. Non-pharmacological interventions such as pelvic rocking exercises are considered effective in reducing menstrual pain. This study aimed to evaluate the effect of pelvic rocking exercises on menstrual cramps among female nursing students. A quasi-experimental design was used. Participants were assessed before and after implementation of a structured pelvic rocking exercise program. The findings revealed a significant reduction in menstrual pain intensity following the intervention. Participants also reported improved comfort, reduced reliance on analgesics, and better functional ability during menstruation. The study concluded that pelvic rocking exercises are an effective, safe, and low-cost intervention for managing menstrual cramps and improving quality of life among young females.

**Keywords:** Dysmenorrhea; pelvic rocking exercises; menstrual pain; nursing students; non-pharmacological therapy.

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## **Effect of Progressive Muscle Relaxation Technique on Quality of Life among Pregnant Women**

**Authors:** Ghada Mohamed Taha Abd-Elsatar; Amel Ahmed Hassan Omran; Hanan Amin Ali Gaafar; Mai Mahmoud Hassan

### **Abstract:**

Pregnancy is associated with physical and psychological stress that may negatively affect maternal quality of life. Progressive muscle relaxation (PMR) is a widely used technique to reduce stress and improve well-being. This study aimed to evaluate the effect of progressive muscle relaxation technique on quality of life among pregnant women. A quasi-experimental design was conducted. Pregnant women were assessed before and after participation in structured PMR sessions. The results demonstrated significant improvement in quality of life scores after the intervention. Participants reported reduced stress levels, improved sleep quality, and enhanced emotional well-being. The study concluded that progressive muscle relaxation is an effective non-pharmacological intervention to improve quality of life during pregnancy and should be incorporated into antenatal care programs.

**Keywords:** Pregnancy; progressive muscle relaxation; quality of life; stress reduction; antenatal care.

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## **Effect of Pelvic Rocking Exercise on Quality of Life among Female Nursing Students with Dysmenorrhea**

**Authors:** Amal Saad Soliman; Soad Abd-Elsalam Ramadan; Elham Abozied Ramadan

### **Abstract:**

Dysmenorrhea negatively impacts physical comfort, emotional well-being, and daily functioning among young females, particularly nursing students who experience academic stress. This study aimed to evaluate the effect of pelvic rocking exercise on quality of life among female nursing students suffering from dysmenorrhea. A quasi-experimental design was used. Participants were evaluated before and after implementation of a pelvic rocking exercise program. The findings showed a significant improvement in quality of life after the intervention, including better physical functioning, reduced pain interference, and improved emotional stability during menstruation. The study concluded that pelvic rocking exercises significantly enhance quality of life and should be recommended as a complementary intervention for dysmenorrhea management.

**Keywords:** Dysmenorrhea; quality of life; pelvic rocking exercise; nursing students; women's health.

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## **Effect of Instructional Package Regarding Vaginal Infections on Knowledge and Self-Care Practices among Adolescent Females**

**Authors:** Safinaz Abd-ElHady Ahmed; Samia Abd Elhakeem Hasneen; Hemmat Mostafa El-Banna

### **Abstract:**

Vaginal infections are common among adolescent females and can lead to significant reproductive health complications if not properly managed. Health education plays a crucial role in prevention and self-care. This study aimed to evaluate the effect of an instructional package regarding vaginal infections on knowledge and self-care practices among adolescent females. A quasi-experimental design was applied. Participants were assessed before and after receiving structured educational sessions. The results revealed significant improvement in knowledge and self-care practices following the intervention. Increased awareness of hygiene practices, infection prevention, and early symptom recognition was observed. The study concluded that instructional educational packages are effective in improving reproductive health awareness and self-care behaviors among adolescents.

**Keywords:** Vaginal infections; adolescent health; self-care; health education; reproductive health.

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## **Effect of Progressive Muscle Relaxation Technique on Intensity of Back Pain among Pregnant Women**

### **Authors:**

Ghada Mohamed Taha Abd-Elsatar; Amel Ahmed Hassan Omran; Hanan Amin Ali Gaafar; Mai Mahmoud Hassan

### **Abstract:**

Back pain is one of the most common discomforts experienced during pregnancy and can significantly affect mobility and daily functioning. This study aimed to evaluate the effect of progressive muscle relaxation technique on the intensity of back pain among pregnant women. A quasi-experimental design was used. Pregnant women were assessed before and after participation in PMR sessions. The results demonstrated a significant reduction in back pain intensity following the intervention. Participants reported improved relaxation, reduced muscle tension, and enhanced physical comfort.

The study concluded that progressive muscle relaxation is an effective non-pharmacological method for reducing pregnancy-related back pain.

**Keywords:** Pregnancy; back pain; progressive muscle relaxation; non-pharmacological intervention; maternal health

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## **Effect of Instructional System Design Model on Knowledge and Attitude Regarding Sexually Transmitted Diseases among Primigravida Women**

**Authors:** Ashgan Ali Abd El Latef; Samia Abd Elhakeem Hasneen; Rehab Soliman Abd El-Aliem

### **Abstract:**

Sexually transmitted diseases (STDs) during pregnancy pose serious risks to maternal and fetal health. Educational interventions based on structured instructional design models can enhance awareness and prevention. This study aimed to evaluate the effect of an instructional system design model on knowledge and attitude regarding STDs among primigravida women. A quasi-experimental design was conducted. Participants were assessed before and after structured educational intervention. The findings revealed significant improvement in knowledge and more positive attitudes toward STD prevention after the intervention. Increased awareness of transmission routes and preventive measures was observed. The study concluded that instructional system design-based education is effective in improving reproductive health awareness among primigravida women.

**Keywords:** Sexually transmitted diseases; primigravida; health education; instructional design; maternal health.

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## **Effect of Coping Strategies Guideline Regarding Alternative Therapy on Quality of Life among Menopausal Women**

**Authors:** Amal Osama Hijazi; Amal Ahmed Hassan Omran; Rehab Soliman Abd Al Aleem

### **Abstract:**

Menopause is associated with physiological and psychological changes that may negatively affect quality of life. Coping strategies and alternative therapies can help women manage symptoms effectively. This study aimed to evaluate the effect of coping strategies guidelines regarding alternative therapy on quality of life among menopausal women. A quasi-experimental design was used. Participants were assessed before and after implementation of structured coping strategy guidelines. The results showed significant improvement in quality of life, reduced menopausal symptoms, and enhanced psychological well-being following the intervention. The study concluded that coping strategy guidelines combined with alternative therapy are effective in improving quality of life among menopausal women.

**Keywords:** Menopause; coping strategies; alternative therapy; quality of life; women's health.

## **Effect of Micro-educational Sessions on Pregnant Women's Knowledge and Adherence to Self-care Management Regarding Leg Cramps**

**Authors:** Ola Abdel-Wahab Afifi Araby; Hanan Amin Ali Gaafar; Eman Abd El-Mordy Elsayed Ahmed; Hend Mohammed Elsayed Afefy; Salma Hussein Mohammed Aboelfottoh

### **Abstract:**

Leg cramps are a common musculoskeletal discomfort during pregnancy, often causing pain, sleep disturbances, and impaired daily functioning. Adequate knowledge and adherence to self-care practices are critical for prevention and management. This study aimed to assess the effect of micro-educational sessions on pregnant women's knowledge and adherence to self-care management regarding leg cramps. A quasi-experimental design was implemented with structured micro-educational sessions focusing on lifestyle modifications, stretching exercises, and dietary advice. Results revealed significant improvement in participants' knowledge and adherence to recommended self-care practices. Women reported reduced frequency and intensity of leg cramps, improved mobility, and enhanced quality of life. The study concluded that micro-educational sessions are effective, practical, and low-cost interventions to enhance pregnant women's self-care management of leg cramps.

**Keywords:** Pregnancy; leg cramps; self-care; micro-educational sessions; maternal health.

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## **Effect of Utilizing Virtual Reality Glasses as a Distraction Method during Intrauterine Device Insertion on Pain, Anxiety, and Satisfaction among Women with First Experience**

**Authors:** Ola Abd-Elwahab Afifi Araby; Hanan Amin Ali Gaafar; Nesma Abd-Elaziz Ibrahim EL Desoky

### **Abstract:**

Insertion of intrauterine devices (IUDs) is frequently associated with pain and anxiety, particularly among first-time users, which may affect patient satisfaction and adherence to contraceptive methods. Distraction techniques, including virtual reality (VR), are emerging as effective non-pharmacological interventions. This study aimed to evaluate the effect of utilizing VR glasses during IUD insertion on pain, anxiety, and satisfaction among women experiencing the procedure for the first time. A randomized controlled design was conducted, comparing standard care with VR-assisted distraction. Findings revealed a significant reduction in reported pain and anxiety levels among participants exposed to VR. Patient satisfaction scores were markedly higher in the intervention group, with improved procedural tolerance and overall experience. The study concluded that VR glasses serve as an effective distraction method, enhancing comfort, reducing anxiety, and improving patient satisfaction during gynecological procedures.

**Keywords:** Intrauterine device; virtual reality; pain management; anxiety; patient satisfaction.

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## **Effect of Applying an Instructional System Design Model on Knowledge, Attitude, and Satisfaction Regarding Vaginal Infections among Female University Students**

**Authors:**Rasha Mohamed Hassan Eltelt; Nevein Mohamed Mohamed; Samia Abdel Hakeem Aboud; Salma Hussein Mohammed Aboelfottoh

### **Abstract:**

Vaginal infections are a prevalent reproductive health issue among female university students, often resulting in discomfort, absenteeism, and future gynecological complications. Structured educational interventions based on instructional system design (ISD) models are essential for effective learning and retention. This study evaluated the effect of applying an ISD model on female students' knowledge, attitude, and satisfaction regarding vaginal infections. A quasi-experimental design was conducted, with pre- and post-intervention assessments. Results showed significant improvement in knowledge and more positive attitudes toward prevention and self-care. Additionally, participants reported high satisfaction with the learning process, highlighting the clarity, engagement, and practicality of the ISD-based intervention. The study concluded that ISD-model educational interventions effectively enhance reproductive health knowledge, attitudes, and satisfaction among female students.

**Keywords:** Vaginal infections; instructional system design; reproductive health; self-care; university students.

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## **Effect of Instructional Package on Maternity Nurses' Knowledge, Practices, and Attitudes Regarding Nursing Care of the First Stage of Normal Labor**

### **Authors:**

Hend Eweis Saad; Amal Ahmed Hassan Omran; Hanan Elzeblawy Hassan; Hanan Amin Ali Gaafar

### **Abstract:**

The first stage of normal labor is a critical period requiring vigilant nursing care to ensure maternal and fetal safety. Gaps in knowledge and practice among maternity nurses can compromise care quality and outcomes. Structured instructional packages may improve competency. This study aimed to assess the effect of an instructional package on maternity nurses' knowledge, practices, and attitudes regarding care during the first stage of labor. A quasi-experimental design was utilized with pre- and post-intervention assessments. Findings revealed significant improvement in nurses' theoretical knowledge, clinical practices, and attitudes toward patient-centered care during labor. Nurses demonstrated enhanced competency in monitoring labor progression, providing support, and managing complications. The study concluded that structured instructional packages are effective tools for improving maternity nurses' skills and confidence in managing the first stage of normal labor.

**Keywords:** Maternity nursing; labor care; instructional package; knowledge; practices; attitudes.

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## **Effect of Self-Care Guideline on Practices among Adolescent Female Students Regarding Vaginitis**

**Authors** Safinaz Abd-ElHady Ahmed; Samia Abd Elhakeem Hasneen; Hemmat Mostafa El-Banna

### **Abstract:**

Vaginitis is prevalent among adolescent females and can significantly affect reproductive health if not managed appropriately. Promoting knowledge and self-care practices is essential for prevention and early management. This study aimed to evaluate the effect of a self-care guideline on practices among adolescent female students regarding vaginitis. A quasi-experimental design was conducted, with assessments before and after exposure to structured self-care guidelines. Results indicated significant improvement in self-care practices, including hygiene routines, symptom recognition, and timely health-seeking behavior. Participants reported increased confidence in managing reproductive health concerns. The study concluded that self-care guidelines are effective interventions for improving health practices and preventing complications related to vaginitis among adolescents.

**Keywords:** Vaginitis; adolescent health; self-care; health education; reproductive health.

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## **Effect of Instructional Package on Maternity Nurses' Knowledge and Attitudes Regarding Nursing Care of the First Stage of Normal Labor**

**Authors:** Hend Eweis Saad; Amal Ahmed Hassan Omran; Hanan Elzeblawy Hassan; Hanan Amin Ali Gaafar

### **Abstract:**

Optimal nursing care during the first stage of normal labor ensures maternal and fetal well-being. Structured instructional interventions are necessary to enhance nurses' knowledge and attitudes toward evidence-based practices. This study assessed the effect of an instructional package on maternity nurses' knowledge and attitudes regarding care during the first stage of normal labor. A pre- and post-intervention quasi-experimental design was employed. The findings demonstrated significant improvement in knowledge scores and positive shifts in nurses' attitudes toward patient-centered labor care. Enhanced awareness of labor management principles and evidence-based practices was observed. The study concluded that instructional packages are effective in strengthening maternity nurses' competencies and fostering a positive attitude toward high-quality labor care.

**Keywords:** Maternity nursing; labor care; instructional package; knowledge; attitudes; evidence-based practice.

## **Effect of Self-Care Guideline on Practices among Adolescent Female Students regarding Vaginitis**

**Authors:** Safinaz Abd-ElHady Ahmed; Samia Abd Elhakeem Hasneen; Hemmat Mostafa El-Banna

### **Abstract:**

Vaginitis is a common reproductive health problem among adolescent females, often resulting from inadequate hygiene practices and lack of awareness. Proper self-care behaviors are essential for prevention and early management. This study aimed to evaluate the effect of a self-care guideline on practices among adolescent female students regarding vaginitis. A quasi-experimental design was used. Participants were assessed before and after implementation of structured self-care guidelines focusing on personal hygiene, symptom recognition, and preventive behaviors. The results revealed significant improvement in self-care practices following the intervention. Students demonstrated better hygiene habits, increased awareness of risk factors, and improved health-seeking behavior. The study concluded that self-care guidelines are effective in improving reproductive health practices among adolescent females and reducing the risk of vaginitis.

**Keywords:** Vaginitis; adolescents; self-care guideline; reproductive health; health education.

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## **Effect of the Four Phases Teaching Method on Postnatal Practices and Immediate Baby Care among Nursing Students**

**Authors:** Fatma Moataz Amin Megahid; Samia Abd El Hakem Hassenin Aboud; Somaya Ouda Abd Elmoniem Mohamed; Mai Mahmoud Hassan

### **Abstract:**

Postnatal care and immediate newborn management are essential competencies in nursing education, requiring effective teaching strategies to enhance students' skills and knowledge. This study aimed to evaluate the effect of the four phases teaching method on postnatal practices and immediate baby care among nursing students. A quasi-experimental design was used. Students were assessed before and after exposure to structured teaching sessions based on four-phase learning methodology. The results demonstrated significant improvement in students' knowledge, practical skills, and confidence in providing postnatal care and immediate newborn care. Enhanced clinical performance and understanding of maternal-newborn care were observed. The study concluded that the four phases teaching method is an effective instructional strategy for improving nursing students' clinical competencies in maternity care.

**Keywords:** Four-phase teaching; postnatal care; newborn care; nursing education; clinical skills.

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## **Effect of Designed Educational Program on Pregnant Women's Knowledge and Attitude towards Stem Cells and Cord Blood Banking**

**Authors:** Fatma ALzahraa Abdel Salam; Hend Salah Eldein Mohammed; Hend Abdallah Elsayed Afifi; Rehab Soliman Abd El Aliem

### **Abstract:**

Stem cell and cord blood banking represent important advancements in regenerative medicine, yet awareness among pregnant women remains limited. This study aimed to evaluate the effect of a designed educational program on pregnant women's knowledge and attitudes toward stem cells and cord blood banking. A quasi-experimental design was used. Participants received structured educational sessions explaining stem cell concepts, benefits, and banking procedures. The findings showed significant improvement in knowledge and more positive attitudes toward cord blood banking after the intervention. Increased willingness to consider cord blood donation and storage was observed. The study concluded that educational programs are effective in enhancing awareness and decision-making regarding stem cell and cord blood banking among pregnant women.

**Keywords:** Stem cells; cord blood banking; pregnancy; health education; maternal awareness.

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## **Risk Factors and Quality of Life for Egyptian Multiparous Women with Cervical Nabothian Cysts**

**Authors:** Azza Ibrahim Abd El-Kader; Mahlagha Dehghan; Faten Ibrahim Sebiey

### **Abstract:**

Cervical Nabothian cysts are benign gynecological conditions often identified incidentally, yet they may influence reproductive health perceptions and quality of life among women. This study aimed to assess risk factors and quality of life among Egyptian multiparous women diagnosed with cervical Nabothian cysts. A descriptive correlational design was used. Data were collected using structured questionnaires assessing sociodemographic factors, reproductive history, and quality of life indicators. The findings indicated that reproductive history, hormonal factors, and childbirth-related variables were associated with the occurrence of Nabothian cysts. A moderate impact on quality of life was observed in affected women. The study concluded that awareness and routine gynecological screening are important for early detection and reassurance, thereby improving women's quality of life.

**Keywords:** Nabothian cysts; multiparous women; quality of life; risk factors; gynecological health.

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## **Effect of Educational Program regarding Climate Change on Knowledge, Attitudes, and Practices of Pregnant Women**

**Authors:**Hadeer Yahia Abd-Elshakour; Amel Ahmed Hassan Omran; Amira Mohamed Salama; Ola Abdel-Wahab Afifi Araby

### **Abstract:**

Climate change poses increasing risks to maternal health through heat exposure, pollution, and infectious disease patterns. Awareness among pregnant women is essential for preventive behavior. This study aimed to evaluate the effect of an educational program regarding climate change on pregnant women's knowledge, attitudes, and practices (KAP). A quasi-experimental design was used. Participants were assessed before and after receiving structured educational sessions. The results showed significant improvement in knowledge, attitudes, and preventive practices related to climate change after the intervention. Pregnant women demonstrated increased awareness of environmental risks and adaptive behaviors. The study concluded that educational programs effectively improve climate-related health awareness among pregnant women.

**Keywords:** Climate change; pregnancy; knowledge attitude practice; health education; maternal health.

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## **Effect of Applying Pregnancy-Centered Care Model on Pregnant Women's Health Behaviors**

**Authors:**Sahar Shafeek Mohammed Afify; Hend Abdallah Elsayed Afifi; Afaf Mohamed Emam

### **Abstract:**

Pregnancy-centered care models focus on holistic maternal health by integrating physical, psychological, and educational support to improve health behaviors. This study aimed to evaluate the effect of applying a pregnancy-centered care model on pregnant women's health behaviors. A quasi-experimental design was conducted. Participants were assessed before and after implementation of the care model. The results revealed significant improvement in healthy behaviors, including nutrition, exercise, antenatal visit adherence, and self-care practices. The study concluded that pregnancy-centered care models positively influence maternal health behaviors and should be integrated into routine antenatal care.

**Keywords:** Pregnancy-centered care; health behaviors; antenatal care; maternal health; nursing model.

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## **Assessment of Knowledge regarding Primary Dysmenorrhea among Nursing Students**

**Authors:** Hayam Magdy Elsayed; Soad Abdel-Salam Ramadan; Eman Mohamed Abdelhakam; Mai Mahmoud Hassan

### **Abstract:**

Primary dysmenorrhea is a common condition among young females and can affect academic performance and daily functioning. Nursing students' knowledge plays a key role in promoting self-care and health education. This study aimed to assess knowledge regarding primary dysmenorrhea among nursing students. A descriptive cross-sectional design was used. Data were collected using structured questionnaires. The results indicated moderate to low levels of knowledge among students regarding causes, symptoms, and management strategies of dysmenorrhea. The study concluded that educational interventions are needed to improve awareness and management of dysmenorrhea among nursing students.

**Keywords:** Dysmenorrhea; nursing students; knowledge assessment; women's health; reproductive health.

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## **Effect of Applying Centered Pregnancy Model versus Individual Prenatal Care on Maternal and Neonatal Outcomes**

### **Authors:**

Sahar Shafeek Mohammed Afify; Hend Abdallah Elsayed Afifi; Afaf Mohamed Emam

### **Abstract:**

Prenatal care models significantly influence maternal and neonatal outcomes. Centered pregnancy models emphasize group-based education and peer support compared to traditional individual care. This study aimed to compare the effect of a centered pregnancy model versus individual prenatal care on maternal and neonatal outcomes. A quasi-experimental design was used. Outcomes included maternal health indicators, pregnancy complications, and neonatal health status. The results showed that women in the centered pregnancy model group experienced better maternal health outcomes, improved birth preparedness, and more favorable neonatal outcomes compared to the individual care group. The study concluded that centered pregnancy models are more effective than traditional individual care in improving maternal and neonatal health outcomes.

**Keywords:** Centered pregnancy; prenatal care; maternal outcomes; neonatal outcomes; antenatal care.

## **Occupational Health Hazards among Workers in Welding Factories at Qalyubia Governorate**

**Authors:** Aya Abd Elhameid Ramadan; Mahbouba Sobhy Abdelaziz; Amina Abd-Elrazek Mahmoud

### **Abstract:**

Welding factory workers are exposed to multiple occupational hazards including physical, chemical, and ergonomic risks that may negatively affect their health and productivity. Awareness and preventive practices are essential to reduce workplace-related complications. This study aimed to assess occupational health hazards among workers in welding factories at Qalyubia Governorate. A descriptive cross-sectional design was used. Data were collected through structured questionnaires and observational checklists addressing exposure to hazards, safety practices, and protective equipment use. The findings revealed high exposure to physical hazards such as heat, noise, and radiation, as well as chemical exposure from fumes and gases. Inadequate use of personal protective equipment and limited awareness of safety measures were observed among workers. The study concluded that welding factory workers are at significant occupational risk, highlighting the need for structured health education programs and enforcement of safety regulations to reduce workplace hazards.

**Keywords:** Occupational health; welding factories; workplace hazards; safety practices; industrial health.

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## **Effect of Nano-Educational Sessions on Awareness, Willingness, and Barriers toward Elective Oocyte Cryopreservation among Unmarried Females**

### **Authors:**

Ola Abdel-Wahab Afifi Araby; Gehad Gamal El-said; Asmaa Ramadan Mohammed Abd-Elwahab; Shaimaa Hashem Elsalous

### **Abstract:**

Elective oocyte cryopreservation is an emerging reproductive technology that offers fertility preservation options for women, yet awareness and acceptance remain limited, particularly among unmarried females. This study aimed to evaluate the effect of nano-educational sessions on awareness, willingness, and perceived barriers toward elective oocyte cryopreservation among unmarried females. A quasi-experimental design was used. Participants received short, focused nano-learning sessions addressing fertility preservation, indications, benefits, and ethical considerations. The results demonstrated a significant improvement in awareness and willingness toward oocyte cryopreservation following the intervention. Perceived barriers such as cost, cultural concerns, and lack of information were significantly reduced. The study concluded that nano-educational sessions are an effective modern educational strategy for improving reproductive health awareness and decision-making among young women.

**Keywords:** Oocyte cryopreservation; fertility preservation; nano-education; awareness; reproductive health.

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## **Effect of Educational Package Based on Individual Empowerment Model on Self-Efficacy, Self-Esteem, and Quality of Life of Menopausal Women**

**Authors:**Shimaa Ahmed Mostafa; Aziza Fathy El Sayed; Nora Mohamed Ahmed Hassnin; Ola Abdel-Wahab Afifi Araby

### **Abstract:**

Menopause is a significant life transition associated with hormonal, psychological, and social changes that may affect women's self-concept and quality of life. This study aimed to evaluate the effect of an educational package based on the individual empowerment model on self-efficacy, self-esteem, and quality of life among menopausal women. A quasi-experimental design was applied. The intervention included structured empowerment-based educational sessions focusing on coping strategies, lifestyle modification, and emotional support. The findings revealed significant improvement in self-efficacy, self-esteem, and overall quality of life after the intervention. Participants reported better adaptation to menopausal symptoms and increased psychological well-being. The study concluded that empowerment-based educational interventions are effective in improving psychosocial outcomes among menopausal women.

**Keywords:** Menopause; empowerment model; self-efficacy; self-esteem; quality of life.

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## **Perception of Female Nursing Students Regarding Endometriosis**

**Authors:** Gehad El-Husseiny Ali; Soad Abd-El Salam Ramadan; Eman Mohamed Abd-Elhakam; Fatma Zaki Farhat

### **Abstract:**

Endometriosis is a chronic gynecological condition that significantly affects women's reproductive health and quality of life. Early awareness among future healthcare providers is essential for timely recognition and management. This study aimed to assess the perception of female nursing students regarding endometriosis. A descriptive cross-sectional design was used. Data were collected using structured questionnaires evaluating knowledge, awareness, and perceptions of symptoms, causes, and management. The results indicated moderate to low levels of perception and awareness among nursing students regarding endometriosis. Knowledge gaps were identified in relation to symptoms recognition and long-term complications. The study concluded that educational interventions are necessary to enhance nursing students' understanding of endometriosis and improve future patient education and care.

**Keywords:** Endometriosis; nursing students; perception; women's health; reproductive education.

## **Association Between Gestational Weight Gain-Related Attitudes, Pre-Pregnancy Weight, and Prenatal Health Behaviors**

**Authors:** Wafaa Taha Elgzar; Majed Said Alshahrani; Nouf Salem Alshahrani; Heba Abdel-Fatah Ibrahim

### **Abstract**

**Background:** Gestational weight gain (GWG) is a key determinant of maternal and fetal health outcomes. Both pre-pregnancy weight status and maternal attitudes toward weight gain can significantly influence prenatal health behaviors, yet these relationships remain insufficiently explored in many populations. **Aim:** This study aimed to examine the association between gestational weight gain-related attitudes, pre-pregnancy weight status, and prenatal health behaviors among pregnant women. **Methods:** A descriptive correlational design was utilized. Pregnant women were assessed using structured questionnaires measuring attitudes toward gestational weight gain, self-reported pre-pregnancy weight status, and prenatal health behaviors such as nutrition, physical activity, and antenatal care adherence. Statistical analyses were performed to identify correlations and predictive relationships among variables. **Results:** The findings indicated that pre-pregnancy weight status was significantly associated with maternal attitudes toward gestational weight gain. Women with higher pre-pregnancy weight were more likely to exhibit less favorable attitudes and suboptimal prenatal health behaviors. Positive attitudes toward appropriate weight gain were strongly associated with healthier behaviors, including better dietary practices and improved adherence to antenatal care recommendations. **Conclusion:** Maternal attitudes toward gestational weight gain, along with pre-pregnancy weight status, play a significant role in shaping prenatal health behaviors. Targeted educational and counseling interventions during pregnancy are essential to promote healthy behaviors and optimal maternal-fetal outcomes.

**Keywords:** Gestational weight gain; pre-pregnancy weight; prenatal behavior; pregnancy health; maternal attitudes.