



**REVIEW OF PSYCHOSOCIAL ASPECTS OF MOTHERS WITH ECLAMPSIA OR PREECLAMPSIA: INTEGRATIVE REVIEW**

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**ABSTRACT**

This study explores the psychosocial impact of preeclampsia on patients and their families, and its effect on long-term well-being. Objective: It also aims to develop strategies to mitigate the negative effects and enhance overall well-being. Method: Using a comprehensive literature review, the study analyzed 22 journals published between 2020 and 2024, sourced from PubMed, Google Scholar, and Cochrane, with specific keywords related to preeclampsia and nursing care. Result: This study analyzed 22 journals out of 256 journals, journals were selected based on the keywords preeclampsia, eclampsia and nursing care, then re-filtered based on title and abstract into 59 article journals, then re-filtered based on the suitability of the full text of each journal into 22 journals and categorized psychosocial impacts into five main aspects: patient and family impact, emotional well-being, eclampsia management, traumatic experiences, and psychosocial support. Significant emotional and mental effects, such as anxiety and stress, lower quality of life. The study emphasizes the need for psychosocial interventions such as counseling and emotional support to address these issues and improve adaptation. The long-term impact of preeclampsia on emotional well-being highlights the importance of comprehensive care, including education and support to manage eclampsia and HELLP syndrome. Conclusion: Effective psychosocial support and healthcare worker knowledge are crucial in mitigating the psychological burden and improving patient outcomes.

Keywords: eclampsia; nursing care; pregnant; preeclampsia; psychosocial

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**INTRODUCTION**

Preeclampsia is a serious medical condition that can occur during pregnancy, characterized by hypertension and organ damage that is potentially life-threatening to the mother and fetus (Wahyunindita & Sari, 2022). This condition can cause various complications, including premature birth, stunted fetal growth, and even maternal and fetal death (Sulastris et al., 2023). Apart from its physical impacts, preeclampsia also has significant psychosocial effects, affecting the well-being of patients and their families (Henderson & Redshaw, 2017). Patients with preeclampsia often experience profound levels of anxiety, stress, and emotional impact both during pregnancy and after delivery (Koopmans et al., 2019). psychosocial impact also affects the quality of life of patients and families, including difficulty in carrying out daily activities, sleep disturbances, and fatigue (Koopmans et al., 2019). Preeclampsia can also affect the patient's relationship with partners and children (Henderson & Redshaw, 2017). there has been research to understand the psychosocial impact of preeclampsia, there are still many aspects that are not fully understood, especially regarding its impact in the long term and in different cultural and social contexts (Henderson & Redshaw, 2017).

In addition, research has also been conducted to understand the factors that influence the risk of preeclampsia, such as family history, maternal age, multiple pregnancies, and other medical conditions such as hypertension and diabetes (Albarqawi et al., 2021). However, environmental and lifestyle factors that have the potential to influence the risk of preeclampsia still need further research (Magee et al., 2020). Several studies show that the use of low-dose aspirin can reduce the risk of preeclampsia in women at high risk (Assidik & Sintowati 2020), but the long-term impact on fetal and maternal well-being still requires further research. Therefore, this study aims to understand more deeply the psychosocial impact of preeclampsia on patients and their families and how preeclampsia affects long-term well-being. This research will also focus on developing strategies to reduce the negative effects of preeclampsia and improve the well-being of patients and their families.

## METHOD

This research uses a comprehensive literature review method, which includes an analysis of 22 article published between 2020 and 2024. This approach provides an opportunity to synthesize the main findings from various studies to produce more comprehensive and balanced conclusions (Anita, 2018). In an effort to find relevant data, researchers used search engines such as PubMed, Google Scholar, and Cochrane. The keywords used in this search were very specific, namely ('Pregnancy' OR 'Pregnancy' AND 'Pre-Eclampsia' AND 'Eclampsia' AND 'Nursing Care') OR ('Nursing Care' AND 'Pregnancy'). The literature review process was carried out by screening selected articles. The inclusion criteria used in article selection include pregnant women with preeclampsia who receive nursing care, articles that use the Quasi method Experiment, Pre Post Test, and descriptive, as well as articles in English and can be accessed for free, as well as Indonesian language journals. database search resulted in a total of 256 journals being identified. After further filtering and selection processes, 22 articles that met the criteria were downloaded in RIS format. Next, by using the Publish tool or Perish , researchers select the most relevant articles to review. After thoroughly researching the contents of the 22 articles, a comprehensive evaluation was carried out using the PRISMA method, which ultimately screened eight articles that met the criteria for inclusion in the literature review.

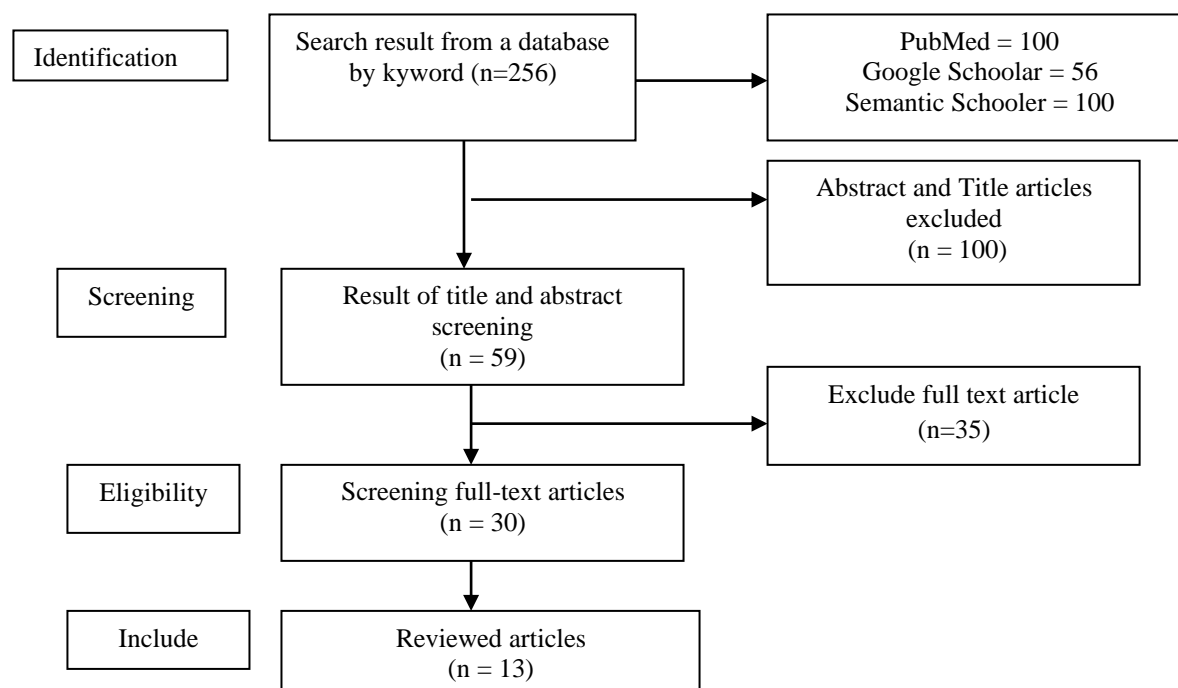


Figure 1. Article Search Flow Based on PRISMA Flow Diagram

The process of searching and selecting articles is illustrated in Figure 1 which shows the steps taken during this study, such as: This study analyzed 22 journals out of 256 journals, journals were selected based on the keywords preeclampsia, eclampsia and nursing care, then re-filtered by title and abstract into 59 article journals, then re-filtered based on the suitability of the full text of each journal into 22 journals then the reviewed articles into 13 journals . This thorough process ensures that the selected articles are truly relevant and in accordance with the research objectives, so that they can provide an accurate and in-depth picture of the topic being reviewed.

## RESULTS

Table 1.  
Main finding, and Summary

Article	Main Finding	Summary
(Kamalanga et al., 2024)	This study emphasizes the importance of identifying the inhibiting factors of prenatal consultation to prevent and control eclampsia, thereby lowering the risk of serious complications and maternal death.	This paper characterizes eclampsia in patients at Cela Regional Hospital from December 2021 to April 2022, to study inpatient behavior and provide recommendations to improve services and reduce maternal morbidity and mortality.
(Graciela et al., 2019)	Nursing measures for preeclampsia include physical examination, vital monitoring, fluid control, medication, and counseling. Diagnosis includes ineffective brain perfusion, pain, anxiety, and fluid imbalance, with complex interventions.	This paper provides a systematic review of nursing interventions for patients with preeclampsia, identifying key nursing actions and diagnoses based on an analysis of 206 articles published between 2014 and 2019 (Graciela et al., 2019)
(Leyland, 2024)	Although maternal mortality from preeclampsia is declining, the rate is still high. Improving the competence of midwives in the detection and treatment of preeclampsia is important for optimal services.	The summary of this paper is to review best practice for midwives in the antenatal clinical management of women with preeclampsia, to ensure optimal care and reduce maternal and infant morbidity (Leyland, 2024)
(Pius et al., 2024)	Most primary health care workers can detect preeclampsia, but few handle emergencies appropriately. Experienced officers are more accurate, while public health extension workers are less accurate than doctors.	This paper assesses factors related to the competence of primary health workers in the emergency detection and management of preeclampsia and eclampsia in Ekiti State, Nigeria.
(Tapkire, 2023)	Nurses' knowledge of preeclampsia is still lacking, but effective teaching programs improve understanding. The majority of nurses are 31-35 years old, female, have a nursing diploma, and have 8.1-17 years of experience.	This paper summarizes research showing that structured teaching programs significantly improve nurses' knowledge of preeclampsia care.
(Kahar et al., 2023)	Management of eclampsia with acute kidney injury requires hemodynamic stabilization and possibly dialysis to reduce risk. Acute kidney injury, often due to hypertension, increases the risk of serious complications for both mother and baby.	This paper presents a case report of an eclamptic patient complicated by acute kidney injury, which explains the critical care management needed to reduce morbidity and mortality in such cases (Kahar et al., 2023)
(Al Taraweh & Bawadi, 2023)	Mothers with severe preeclampsia or eclampsia often experience physical and psychological complications. Understanding these impacts is important to improve the care and health of mothers and babies.	This paper emphasizes the importance of investigating the experiences of mothers with preeclampsia or severe eclampsia, which have a serious impact on maternal and infant health outcomes.
(Adorno et al., 2022)	HELLP syndrome, a pregnancy-related liver disease, is treated with complications monitoring, hypertension control, seizure prevention, and labor planning. Postpartum care should pay attention to the well-being of the mother and baby.	This article provides an overview of HELLP syndrome, a complication of severe preeclampsia, and discusses management including monitoring, hypertension control, seizure prevention, labor planning, and postpartum maternal and infant care.
(Meazaw et al., 2022)	The study analyzed 959 women with preeclampsia or eclampsia from 3,804 facilities in Ethiopia. Most of the cases occurred in public health facilities,	This paper assesses the clinical care and perinatal outcomes for women with preeclampsia or eclampsia in Ethiopian health

Article	Main Finding	Summary
	with 16.3% of perinatal deaths out of 553 recorded cases.	facilities, revealing the high rate of perinatal mortality and limited care for the mother.
(Tabassum et al., 2022)	The study found preeclampsia of 1.95% with an average gestational age of 35.61 weeks. Premature birth accounted for 16.3%, IUGR 13.5%, and maternal complications included placental abruption (3.5%), HELLP syndrome (3.5%), eclampsia (2.8%), and ICU admission (2.8%).	This paper presents a retrospective cohort study aimed at ascertaining the perinatal outcomes of preeclampsia in a tertiary care hospital in Bahrain, including the total number of preeclampsia patients, their inpatient management, and primary pregnancy outcomes (S. Tabassum , 2022).
(Ahmed Mohamed et al., 2022)	The study found that 88% of the control group and 76% of the study group had unsatisfactory knowledge about preeclampsia. Higher knowledge is associated with lower symptom severity.	The paper found that self-care guidelines were effective in increasing pregnant women's awareness of preeclampsia, as well as reducing maternal and infant mortality and morbidity.
(Santos et al., 2021)	Preeclampsia affects 3-5% of pregnant women and causes 10-15% of maternal mortality. Lack of prenatal care, which 61.2% of the women in the study experienced, as well as stress and anxiety, contributed to the condition.	This paper reviews the literature on the importance of prenatal care in managing preeclampsia, a serious pregnancy complication that can lead to high morbidity and mortality in the mother and fetus.
(Escobar-Bermúdez & Bejarano-Beltrán, 2021)	The study identified 273 fragments, 8 general meanings, and 4 themes about the experiences of preeclampsia women in the ICU, which included role, physical, and emotional changes as a result of treatment.	This paper describes the experiences and meanings of pregnant women with preeclampsia towards nursing care in obstetric intensive care units in Colombia.

## DISCUSSION

The results of the analysis of 22 selected journals, the author analyzes and classifies them into 5 aspects of the psychosocial impact of preeclampsia. These aspects focus on the psychosocial impact of preeclampsia and eclampsia, both directly on the patient and more broadly on their family and environment. The five psychosocial aspects include the impact on patients and families, the impact on emotional well-being, Eclampsia Management, Traumatic Experiences, and Psychosocial Support.

**Psychosocial Impact of Preeclampsia on Patients and Their Families: Refers to the emotional and mental impact experienced by patients and their families due to preeclampsia. This impact includes anxiety, stress, and other negative impacts on psychological well-being.**

Preeclampsia not only causes physical health problems, but also has a significant impact on the psychosocial aspects of patients and their families. This condition often triggers high anxiety and stress, which has a negative impact on overall quality of life. Research by (Graciela et al., 2019) emphasizes the importance of psychosocial interventions such as personal interviews, counseling, and emotional support in the management of preeclampsia. These interventions have been shown to be effective in reducing anxiety and helping patients and their families adapt to the conditions they face. The psychosocial aspect is also reinforced by (Leyland, 2024) who highlights that the impact of preeclampsia can be long-lasting, affecting the quality of life and emotional well-being of the mother and baby. The high anxiety experienced by patients regarding the risk of death or serious complications underscores the importance of early detection and appropriate treatment by health care providers.

Research by (Bedaso et al., 2021) emphasized the importance of emotional support from health care providers and family members in reducing anxiety and improving mental health outcomes in women with preeclampsia. (Tapkire, 2023) found that lack of knowledge about preeclampsia and its management can reduce health care providers' confidence in providing

care, leading to anxiety in patients. Therefore, a structured teaching program is needed to improve health care providers' knowledge, which in turn can improve patient confidence and satisfaction. Research by (Pius et al., 2024) showed that community health education workers (CHEWs) were often unable to accurately detect preeclampsia, highlighting the need for increased training and psychosocial support for health care providers. Preeclampsia and eclampsia have a significant impact on maternal mental health. The uncertainty of diagnosis and the risk of serious complications such as HELLP syndrome and perinatal death can trigger high levels of anxiety and stress (Meazaw et al., 2022); (Tabassum et al., 2022). Therefore, attention to maternal emotional well-being, both during pregnancy and postpartum, is essential to reduce the psychological impact of these conditions (Adorno et al., 2022)

The maternal experience of severe preeclampsia or eclampsia is complex and often traumatic, involving both physical and psychological complications (Al Taraweh & Bawadi, 2023). This highlights the importance of paying attention to maternal mental health in addition to physical care. (Kahar et al., 2023) Education about preeclampsia can increase mothers' knowledge and awareness of the condition, thereby reducing the psychosocial impact. (Nurhajanti & Rahayuningsih, n.d.) (Ahmed Mohamed et al., 2022) found a significant correlation between the level of maternal knowledge and the severity of preeclampsia symptoms. Mothers with higher levels of knowledge tend to experience milder symptoms, indicating that health education and counseling can reduce the risk of complications (Rahayu et al., 2024). The impact of preeclampsia and eclampsia is not only physical but also emotional. Stress, anxiety, and lack of support from partners can worsen the condition and reduce compliance with prenatal care (Santos et al., 2021). Women with preeclampsia often experience significant emotional changes during intensive care, which can affect their experience and response to treatment (Escobar-Bermúdez & Bejarano-Beltrán, 2021)

**Long-Term Impact of Preeclampsia on Emotional Well-Being: Focuses on how preeclampsia impacts a mother's mental health in the long term, even after delivery, and how the condition may continue to impact emotional well-being.**

The impact of preeclampsia does not stop at pregnancy, but can last a long time, affecting the quality of life and emotional well-being of both mother and baby. (Leyland, 2024) highlights that high anxiety about the risk of death or serious complications makes early detection and appropriate treatment by health workers very important. A study by (Fox et al., 2019) found that preeclampsia can have a significant impact on the mental health and well-being of couples and families, highlighting the need for psychosocial interventions involving the entire family. This is also supported by research conducted by Graciela et al., (2019) emphasized the importance of interventions such as personal interviews, counseling, and emotional support in the management of preeclampsia. These interventions have been shown to be effective in reducing anxiety and helping families and patients adapt to the condition. The psychosocial aspect is also reinforced by (Leyland, 2024) who highlights that the impact of preeclampsia can last a long time, affecting the quality of life and emotional well-being of the mother and baby. The high level of anxiety experienced by patients regarding the risk of death or serious complications shows the importance of early detection and appropriate treatment by health workers.

Eclampsia and complications like HELLP syndrome does not only cause problem physical, but also has an impact big on condition psychosocial patients. (Nurjanah, S., et al. 2022). Patients facing this condition often experience high levels of stress and anxiety, so good treatment must include emotional support and education for patients and their families. (Al Taraweh & Bawadi, 2023) research also emphasized that the experience of mothers suffering

from severe preeclampsia or eclampsia is complex and often traumatic, involving physical and psychological complications. This condition shows how important it is to pay attention to the mother's mental health in addition to the physical treatment provided (Kamalanga et al., 2024) Uncertainty of diagnosis and serious risk complications such as HELLP syndrome and perinatal death can trigger high anxiety and stress (Kahar et al., 2023). Therefore that , attention towards the emotional well-being of the mother, both during pregnancy and postpartum, is essential to reduce the psychological impact from condition This . Knowledge about preeclampsia plays an important role in influencing maternal health outcomes. (Ahmed Mohamed et al., 2022) found a significant correlation between maternal knowledge level and severity of preeclampsia symptoms. Mothers with higher knowledge tended to experience milder symptoms, indicating that health education and counseling can reduce the risk of complications.

**Psychosocial Aspects in the Treatment of Eclampsia and HELLP Syndrome : Addresses the psychosocial impact of serious conditions such as eclampsia and HELLP syndrome, and the importance of managing the emotional and psychological aspects during treatment.**

Eclampsia and complications such as HELLP syndrome not only cause physical problems, but also have a major impact on the psychosocial condition of patients. Patients often experience high levels of stress and anxiety, so treatment of this condition must include emotional support and education for patients and their families. Appropriate psychological support can provide a sense of security and reduce fear in patients facing life-threatening conditions, as stated by (Kahar et al., 2023) Preeclampsia and eclampsia not only cause physical problems, but also have a major impact on the psychosocial condition of patients. Patients who face this condition often experience high levels of stress and anxiety, so good treatment must include emotional support and education for patients and their families (Tabassum et al., 2022) . This education is important to help them understand the condition they are facing and the treatment options available. (Rahayu et al., 2024) . A systematic review by (Silalahi & Kurnia, 2023) found that psychosocial interventions, including counseling and emotional support, can improve mental health outcomes and reduce anxiety in women with preeclampsia . In addition, managing barriers that prevent women from attending prenatal care is also very important, as identified by (Kamalanga et al., 2024), to reduce the risk of more serious complications such as eclampsia and maternal death. This was also found by (Graciela et al., 2019) in their study, that counseling can help reduce anxiety and depression in women with preeclampsia. Research conducted by (Leyland, 2024) found that the impact of preeclampsia can be long-lasting, affecting the quality of life and emotional well-being of mothers and babies.

The impact of preeclampsia can be long-lasting, affecting the quality of life and emotional well-being of both mother and baby. The high level of anxiety experienced by patients regarding the risk of death or serious complications shows the importance of early detection and appropriate treatment by health workers. However, research by (Pius et al., 2024) shows that health educators (CHEW) are often unable to detect preeclampsia accurately, including the need for increased training and psychosocial support for health workers. Nurses' knowledge of preeclampsia is an important factor in providing effective care. (Tapkire, 2023) found that lack of nurses' knowledge of preeclampsia and its management can reduce nurses' confidence in providing care, as well as cause anxiety in patients. Therefore, a structured teaching program is needed to improve nurses' knowledge, which can ultimately increase nurses' confidence and satisfaction. patient .

**Traumatic Experiences in Patients with Preeclampsia and Eclampsia : Refers to traumatic emotional experiences for patients facing preeclampsia or eclampsia, and how these traumas affect their well-being.**

Preeclampsia and eclampsia can be traumatic experiences for patients. These conditions often cause high levels of anxiety and stress, which can affect overall quality of life. Research by (Al Taraweh & Bawadi, 2023) emphasized that the experience of mothers suffering from severe preeclampsia or eclampsia is complex and often traumatic, involving physical and psychological complications. The traumatic experiences experienced by mothers suffering from severe preeclampsia or eclampsia, as described by Al Taraweh & Bawadi, (2023), reflect the complexity and profound impact of this condition. These experiences involve not only physical but also psychological complications, which emphasizes the need for special attention to maternal mental health as part of comprehensive preeclampsia and eclampsia management. Leyland (2024) found that the impact of preeclampsia can be long-lasting, affecting the quality of life and emotional well-being of the mother and baby. The high level of anxiety experienced by patients regarding the risk of death or serious complications shows the importance of early detection and appropriate treatment by health workers. The psychosocial aspects of preeclampsia and eclampsia are very important considering the impact of these conditions on the mental and emotional well-being of the mother.

Psychosocial support is very important in reducing stress and anxiety in patients with preeclampsia and eclampsia. Interventions such as counseling, emotional support, and education for patients and families can help reduce anxiety and improve maternal psychological well-being (Muslimin & Rahim, 2019). Therefore, attention to maternal emotional well-being, both during pregnancy and postpartum, is very important to reduce the psychological impact from condition This is . This is supported by research conducted by (Rahwanti Megasari & Betty Rahayuningsih, 2018) that emotional support and education are very important in increasing maternal knowledge and reducing the risk of complications in preeclampsia patients. Education and psychosocial support are also very important in reducing the psychosocial impact on patients. preeclampsia and eclampsia (Leyland, 2024). Knowledge about preeclampsia play an important role in influencing maternal health outcomes. Educational and emotional support, especially in areas with limited access to information, can help reduce the risk of complications and improve welfare psychological mother . (Rahayu, et al. 2024).

**Psychosocial Support for High-Risk Mothers: Covers the importance of emotional and psychological support for mothers at high risk of preeclampsia or eclampsia, and how this support can impact their health outcomes and well-being.**

Young mothers and primigravidas, or first-time mothers, are often more susceptible to eclampsia and other related complications. Research by Prasad, (2022) underlines the importance of stronger psychosocial support for this group, as they tend to experience higher levels of anxiety and require more intensive support during pregnancy and after delivery. Patients at high risk or who have experienced preeclampsia and eclampsia often experience high levels of anxiety and stress. (Santos et al., 2021). This can have a significant impact on overall quality of life. High levels of anxiety related to the risk of death or serious complications highlight the importance of early detection and appropriate management by health workers (Leyland, 2024) Interventions such as personal interviews, counseling, and emotional support can reduce anxiety and help families and patients adapt to the condition. In addition, managing barriers that prevent women from attending prenatal care is also very important. (Graciela et al., 2019). Health workers' knowledge and awareness of preeclampsia and eclampsia can help reduce stress and improve maternal psychological well-being. Health

educators (CHEW) are often unable to accurately detect preeclampsia, including the need for increased training and psychosocial support. for officer health (Pius et al., 2024) Family involvement in care and social support can help reduce stress and improve maternal psychological well-being (Deny et al., 2014). In addition, social and hygienic stigma regarding treatment outcomes can reduce maternal psychological conditions. Emotional and educational support for families is important to reduce maternal stress and improve involvement. family in maintenance . (Rahwanti Megasari & Betty Rahayuningsih, 2018) Preeclampsia and eclampsia can have significant psychosocial impacts on pregnant women and their families. Neurological complications, such as intracranial hemorrhage and seizures, add to the deep worry and anxiety regarding pregnancy outcomes. These emotional disturbances are often exacerbated by a lack of support or understanding about the condition. Psychological support, patient and family education, and counseling are essential to reduce anxiety and provide the information needed to better manage this condition (Muslimin & Rahim, 2019). This is also supported by research conducted by (Tabassum et al., 2022) that psychosocial interventions, including counseling and emotional support, can improve mental health outcomes and reduce anxiety in women with preeclampsia.

## **CONCLUSION**

The results of the analysis of 13 selected journals show that the psychosocial impact of preeclampsia can be grouped into five main aspects: impact on patients and families, emotional well-being, eclampsia management, traumatic experiences, and psychosocial support . The first aspect involves significant emotional and mental impacts on patients and families, such as anxiety and stress, which reduce their quality of life. Research underscores the importance of psychosocial interventions , including interviews, counseling, and emotional support to reduce anxiety and aid adaptation. The impact of preeclampsia is often prolonged, affecting the long-term emotional well-being of mother and baby. Apart from that, treating eclampsia and HELLP syndrome also requires attention to psychosocial aspects , with emotional support and education being the key to reducing patient stress and anxiety. The traumatic experiences experienced by patients are often complex, involving profound physical and psychological complications. Adequate psychosocial support and education can help patients and families cope with the psychological impact, improving their overall well-being. Health care workers' knowledge of preeclampsia plays an important role in providing effective care and reducing the psychological impact on patients.

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