

Body image dissatisfaction in pre-gestational period and associated factors

Abstract

Objective. To identify associated factors with body image dissatisfaction reported by women in pre-gestational period. **Methods.** Cross-sectional analysis about a cohort study of pregnant women in São Paulo. The Scale of Silhouettes was employed to evaluate the perception of body image. Socioeconomic, anthropometric, lifestyle and reproductive characteristics were obtained. The association between body image dissatisfaction and study factors was evaluated by hierarchical multiple linear regression models. **Results.** Most of the women was satisfied with their body image, but 36.7% wanted to be thinner. Low education, walking practice and increasing on Body Mass Index were associated with body image dissatisfaction, after adjust variables included in the multiple model. **Conclusions.** To characterize different determinants of body image dissatisfaction is fundamental to formulate interventions in pre-gestational period, considering that promoting a positive body image in this period will contribute to healthier gestations.

Key-words: Self concept; Perception; Body image; Women; Pregnancy.