



How Does Social Support Impact Young Pregnant Women's Experiences?

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Methods



Data collection: **Rapid review** of primary literature.

Data analysis: Thematic analysis of 15 chosen articles

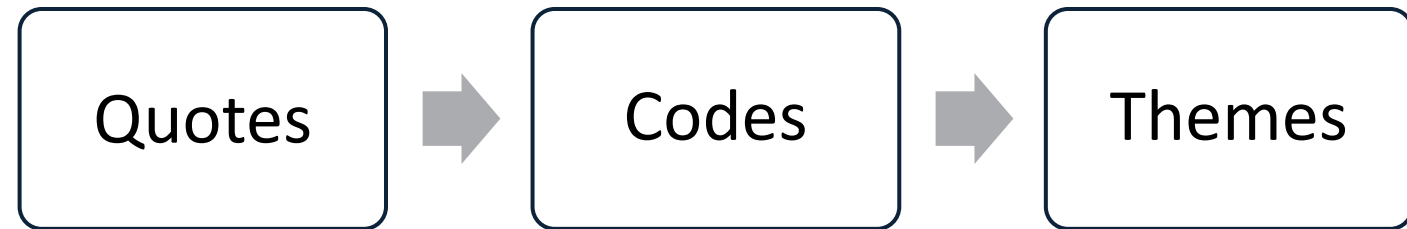




Figure 1. Social-Ecological Model

Source: Adapted from Bronfenbrenner, U. (1979). *The ecology of human development*. Cambridge, MA: Harvard University Press.



Results

- Individual level: **Fear**

"...I felt so scared of my parents' reaction and feared what people might say..."

- Interpersonal level: **Judgment**

"...you know you are stupid falling pregnant.."

- Community level: **Religious condemnation**

Main Takeaway

- Why centering **real time** pregnancy experiences matters
- Postnatal perspectives may minimize pregnancy challenges
- Recommendations: **Policy level**
 - Anti-stigma campaigns against judgment