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AWARENESS OF INHERITED THROMBOPHILIA DURING PREGNANCY AMONG PALESTINIAN WOMEN: A CROSS-SECTIONAL STUDY

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Abstract

Background: Inherited thrombophilia, particularly Factor V Leiden (G1691A) and Prothrombin (G20210A) mutations, is associated with venous thromboembolism and adverse pregnancy outcomes. However, awareness of these conditions among women in the region remains insufficiently characterized. This study assessed awareness, knowledge, and attitudes regarding inherited thrombotic disorders during pregnancy among Palestinian women.

Methods: A cross-sectional questionnaire-based study was conducted in November 2025 using a content-validated, self-administered electronic survey distributed via social media platforms using convenience sampling. A total of 632 women participated. The survey collected demographic information, medical history, knowledge of thrombophilia-related mutations, and attitudes toward screening. Data were analyzed using descriptive statistics and inferential tests, including Chi-square, Mann–Whitney, and Kruskal–Wallis tests, with statistical significance set at $p < 0.05$.

Results: While 70.9% of participants reported general awareness of pregnancy-related clotting disorders, specific knowledge was limited: 80% had not heard of the Factor V Leiden mutation and 79% were unaware of the Prothrombin G20210A mutation. Educational level was significantly associated with mutation awareness ($p < 0.001$). An association was observed between miscarriage history and contraceptive pill use ($p < 0.001$), whereas no association was found between miscarriage and consanguineous marriage ($p = 0.504$). Most participants believed that pre-pregnancy testing could reduce miscarriage risk (91%), and 73.7% indicated willingness to undergo testing. Additionally, 81% perceived available healthcare information on these disorders as insufficient.

Conclusion: Despite relatively high educational attainment in the sample, knowledge of specific inherited thrombophilic mutations remains limited among Palestinian women. The high willingness to undergo testing, alongside perceived informational gaps, highlights the need for strengthened public health education and improved dissemination of information regarding thrombophilia and pregnancy-related risks.

Keywords: Inherited thrombophilia, Pregnancy complications, Factor V Leiden, Prothrombin G20210A.

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