



PalStudent Journal
A Palestinian Scientific Journal for the Youth



ABSTRACTS: VOLUME 6, SPECIAL ISSUE

ABSTRACT

Assessment of Mothers' Awareness of Sudden Infant Death Syndrome and Safe Infant Sleep Practices in Palestine

Inas Yaghmour, Hadeel Shamasna, Ghayda Hijazi, Zeinab Shalan, Omar Almahmoud.

Palestine, Birzeit University, Faculty of Pharmacy, Nursing and Health Professions, Nursing Department.

Background: One of the major public health mysteries around the world is a subcategory of infant sleep- related deaths of unknown etiology termed Sudden Infant Death Syndrome (SIDS) which is a common leading cause of infant mortality worldwide and targets infants under a year of age while sleeping. Sleep environment plays a significant role in the risk of SIDS, otherwise mothers' actions for creating safe infant sleep practices plays a protective role in reducing SIDS occurrence. The knowledge gap centered on SIDS is not adequately researched or investigated in Palestine. Correspondingly, the study aims to assess mothers' awareness of SIDS and safe infant sleep practices.

Objectives: The specific objectives of the research are:

1. To assess mothers' awareness of SIDS.
2. To assess mothers' awareness of safe infant sleep practices.
3. To identify the relationship between mothers' selected sociodemographic variables (Maternal age, maternal education level, maternal occupational status, maternal source of health information, maternal marital status, economic status, and parity) and their awareness of SIDS and safe infant sleep practices.

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E-mail: research@admin.alquds.edu

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4. To assess the effect of the selected study variables (Maternal age, maternal education level, maternal occupational status, maternal source of health information, maternal marital status, economic status, and parity) on mothers' awareness of SIDS.

5. To evaluate the associated risk factors of SIDS.

Research Questions:

1. What is the degree of the mother's awareness of SIDS?

2. What is the level of mothers' awareness about safe infant sleep practices?

3. Is there a significant difference in mothers' awareness of SIDS in accordance with their sociodemographic characteristics?

4. Is there a significant difference in mothers' awareness of safe infant sleep practices in relation to their sociodemographic characteristics?

5. What are the associated risk factors leading to SIDS?

Methods: A cross-sectional quantitative design was used. A self-reported questionnaire containing 30 items was distributed to childbearing mothers in various rural and urban areas in Palestine. The 1116 participants were selected based on a non-probability, convenience method in duration from April 1st, 2023 to June 19th, 2023.

Results: The data were analyzed through the SPSS program version 20; specifically, one-way ANOVA, independent sample T-tests, and Pearson's correlation test. The mother's total awareness and practice scores were coded into two categories: 1 signifying poor awareness or practice, and 2 signifying good awareness or practice. The mean total awareness was calculated to be 1.444, while the standard deviation came out to 0.497. The mean total practice was calculated to be 8.0789, while the standard deviation came out to 2.223. To further elaborate, 55.6% of the mothers showed poor awareness regarding SIDS. Moreover, 84.5% of the mothers revealed they had poor practices regarding safe infant sleep practices.



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Conclusions: The study displayed a positive-moderate correlation between the mothers' awareness and practices. Specifically, mothers' had poor awareness in addition to poor practices.

Keywords: Sudden Infant Death Syndrome, Infant Sleep Practices, Awareness, Mothers.

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