

Trends in Pregnancy Attitudes Over the Postpartum Period in Adolescent Mothers. C Sarangi, (M.D., SOM), H Smith, and J Sheeder, The Young Mothers Clinic, Children's Hospital Colorado, Aurora, CO.

Background: Pregnancy attitudes are defined as a person's feelings, ideas, and/or beliefs about a potential future pregnancy. Pregnancy attitudes may change over time and may be ambivalent or contradictory. Pregnancy attitude surveys are an important clinical tool in the healthcare of patients at-risk for unintended pregnancy such as adolescent mothers.

Objective: To determine changes in pregnancy attitudes and pregnancy ambivalence over the first 24 months postpartum in adolescent mothers.

Methods: Patients of the Young Mother's Clinic were surveyed about their pregnancy attitudes at well-child visits at 1, 2, 6, 12, 18, and 24 months postpartum between April 2020 and September 2022. At these visits, patients were asked "When do you want to have your next baby?" (Response options included <1, 1-2, 3-5, >5 years, Never, and Not Sure). Patients were also asked "How would you feel if you became pregnant in the next six months?" (Responses were on a Likert scale ranging from really excited to really upset). Pregnancy ambivalence was defined as discordance between those two items.

Results: A total of 678 patients (1,375 visits) were included with a median age of 20 (range: 13-25 years) and 59% Latinx. The proportion of patients desiring pregnancy in <1 and 1-2 years and who would be excited or very excited increased over time. Additionally, ambivalence about pregnancy increased.

Conclusions: Adolescent mothers in the first two years postpartum become more ambivalent about their next pregnancy over time. Providers should discuss these seemingly conflicting feelings with patients and support their contraceptive and parenting goals.