

Challenges and facilitators to healthy eating in pregnancy: a systematic review
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Review question

The aim of this review is to synthesize previous research findings on the barriers and enablers towards healthy eating in pregnancy. The following areas will be explored:

- What are the views of pregnant women on challenges/barriers towards healthy eating?
- What are the views of pregnant women on enablers/facilitators of healthy eating?

Searches

The following databases will be searched from inception till date, the cumulative index to Nursing and Allied Health Literature (CINAHL), MEDLINE, ScienceDirect, Scopus, OVID, PubMed and the Cochrane Library. Search of grey literature databases (proQUEST) and reference list of included articles will be undertaken to optimize the search process.

Searches will be limited to English Language publications and human participants.

Types of study to be included

All studies identified as qualitative studies (focus groups, interviews and qualitative descriptive studies) with a pre-specified focus on challenges and facilitators towards the adoption of healthy eating in pregnancy either as standalone or as a component of a mixed method research.

Observational studies (cross-sectional, longitudinal) either as stand-alone or as components of a mixed methods research exploring the challenges and facilitators of healthy eating in pregnancy.

Studies conducted anywhere in the world and published in English Language.

Condition or domain being studied

This systematic review aims to investigate factors (considered as challenges and facilitators) which influence healthy eating in pregnancy. The review will synthesize findings on barriers and enablers to healthy eating in pregnancy for women in developing and developed nations of the world. Previous researches have shown the barriers and enablers to healthy eating in adults are different in developed and developing countries.

Participants/population

Pregnant women (18 years and above) included in qualitative studies, quantitative (observational studies-cross sectional or longitudinal) or mixed methods research focused on factors that act as challenges/facilitators towards healthy eating in pregnancy.

Inclusions

- Healthy pregnant women (18 years and above)
- Economies: developed and developing economies
- Socioeconomic status: no exclusions

Intervention(s), exposure(s)

Qualitative studies: Participants in the included studies will be subjected to qualitative research questions directly exploring their in-depth perspectives in relation to factors considered as challenges/barriers and facilitators/enablers to the adoption of healthy eating in pregnancy.

Quantitative studies (observational studies): Participants in the included studies will be subjected to questions focused on challenges (barriers) and facilitators (enablers) to adoption of healthy eating in

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pregnancy.

Exclusions:

- Studies focused on specialized diets for specific diseases in pregnancy will be excluded.
- Studies on subjects less than 18 years will be excluded.

Comparator(s)/control

No control or comparative groups considered in this review.

Context

Observational studies (cross-sectional, longitudinal studies) and qualitative studies will be included if one of the aims included exploring challenges (barriers) and or facilitators (enablers) to healthy eating in pregnancy.

Main outcome(s)

Challenges and facilitators to healthy eating in pregnancy

Additional outcome(s)

None

Data extraction (selection and coding)

All potentially eligible will be imported into EndNote and duplicate references deleted. Two researchers (AE and FT) will screen titles and abstracts using the inclusion and exclusion criteria. Reasons for exclusion will be recorded and disagreements will be resolved through discussion and if relevant involve a third reviewer. Authors of papers with incomplete information would be contacted for further information. A standardized pre-piloted data collection form would be used to extract data from included studies.

Information extracted would include: author information, year of study, study design, characteristics of participants (population, age range, number of subjects), period of enrollment, follow-up and outcomes.

Risk of bias (quality) assessment

The critical appraisal skills programme tool (CASP) for qualitative studies, CASP tool for cross sectional studies and for longitudinal cohort studies would be used to evaluate the quality of the studies.

Domains measured for qualitative studies (recommended by the Cochrane critical appraisal guidance) would include credibility, transferability, dependability and confirmability of included studies. For quantitative studies, domains would include design appropriateness, data collection procedure, data analysis procedure, findings, context and outcome.

Strategy for data synthesis

The purpose of the review is to generate key themes and messages from the synthesis of qualitative and quantitative data, the Critical Interpretative Synthesis approach (CIS) will be used (Dixon-woods et al 2006).

Analysis of subgroups or subsets

None planned

Contact details for further information

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Anticipated completion date

30 June 2019

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Conflicts of interest**Language**

English

Country

England

Stage of review

Review_Ongoing

Subject index terms status

Subject indexing assigned by CRD

Subject index terms

Feeding Behavior; Female; Health Behavior; Healthy Diet; Humans; Pregnancy

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Details of any existing review of the same topic by the same authors**Stage of review at time of this submission**

Stage	Started	Completed
Preliminary searches	Yes	No
Piloting of the study selection process	No	No
Formal screening of search results against eligibility criteria	No	No
Data extraction	No	No
Risk of bias (quality) assessment	No	No
Data analysis	No	No

Versions

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