

## **The Unbearable Lightness of Being Pregnant: Patient & Provider Perspectives of Pregnancy Weight Gain**

**Purpose:** The primary goal of this exploratory study was to identify and describe the ways that primigravid women (women pregnant for the first time) and their obstetricians communicate about pregnancy weight gain.

**Methods:** In-depth semi-structured interviews were conducted with a total of seven obstetricians and 19 primigravid women, all recruited from one clinic. Participating patients also completed a demographic questionnaire. At the time of interviews, women ranged from 29 weeks to 40 weeks gestation. Interview data was analyzed using grounded theory and a two part process of open coding and axial coding.

**Results:** Analysis suggests that there are several important "mismatches" in patient and provider approaches to and und