

What about the vessels? Secondary amenorrhea and adverse pregnancy outcomes: A mixed methods study

Location: Online, across Canada

Number of participants: Approx. 400

Description: Regular exercise has positive health and social benefits for women. Women who exercise a lot are susceptible to missed periods. Missing three or more periods in a row may lead to a loss of estrogen. Research shows that a loss of estrogen may be harmful to a woman's heart health.

In this study, researchers will explore the relationship between missed periods and heart-related pregnancy complications. This study will occur in several phases. Researchers will collect data on period and pregnancy history through an online survey. Based on the survey data findings, participants will be invited to take part in one-to-one interviews on Zoom where researchers will ask questions to understand women's perceptions of missing periods.

Language: English only

Eligibility:

- You are a woman in Canada, aged 20-45 years old, who has:
 - Before pregnancy: a history of regular menstrual periods OR a history of secondary amenorrhea (3 or more missed periods in a row) due to exercise, dieting or stress AND
 - Experienced no complications of pregnancy OR experienced any of the following: gestational diabetes, gestational hypertension (high blood pressure), preeclampsia, eclampsia, preterm birth (delivered before 37 weeks), low birth weight (less than 5.5.lbs or 2500 grams), infertility, or placental abruption.

Participant requirements: Researchers will ask participants to complete an online survey, which should take approximately 30 minutes. The survey will be available until researchers reach their recruitment target.

In the second phase of the project, researchers will identify and invite eligible women to participate in a one-to-one interview (approximately 45 minutes) on Zoom. The purpose of the audio-recorded interview will be to learn more about women's experiences and perceptions of missed menstrual periods.

Institution: University of Alberta

Contact: Nicole Tegg wohealth@ualberta.ca