

## Relationship between pelvic girdle pain and health-related quality of life among third-trimester pregnant mothers

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Pelvic girdle pain (PGP) is a common musculoskeletal complaint during pregnancy, especially in the third trimester, often impairing physical function and psychological well-being. Its impact on health-related quality of life (HRQoL) is significant but underexplored in the Sri Lankan context. This study aimed to assess the relationship between PGP and HRQoL among third-trimester pregnant mothers at De Soysa Maternity Hospital, Colombo, Sri Lanka. This descriptive cross-sectional study was conducted among 140, third-trimester pregnant mothers (ages 18 – 45) experiencing PGP, recruited via convenient sampling method. Data were collected using an interviewer-administered questionnaire, the pelvic girdle questionnaire and SF-36. Pearson correlation test was used to assess the relationship between PGP severity and HRQoL and data analyzed via SPSS v25. The mean age of participants was 28.33 (SD = ±5.34) years. The mean PGP score was 43.23 (SD = ±7.83), indicating a moderate severity, with 85% of participants experiencing moderate PGP. Significant negative correlation was found between PGP severity and HRQoL scores in both physical ( $p < 0.001$ ) and mental health components ( $p < 0.001$ ). Lower HRQoL was associated with higher PGP intensity. PGP severity among pregnant mothers was high, particularly affecting the lower back. PGP significantly compromises both physical and mental dimensions of HRQoL in third-trimester pregnant mothers. These findings emphasize the importance of addressing musculoskeletal health and promoting interventions tailored to pregnant mothers to enhance their overall well-being during the critical third trimester.

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