

SaPeIH-M: Is it effective at enhancing seat belt usage in pregnancy?

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ABSTRACT

Introduction: SaPeIH-M is an educational module in the form of a video that is developed and validated as a tool to educate pregnant women regarding seat belt usage in pregnancy in Indonesia. This study aimed to determine the effects of SaPeIH-M on the on the knowledge, attitude and practice of seat belt use among pregnant women. **Materials and Methods:** This is a quasi-experiment consisting of three groups namely SaPeIH-M (intervention) with weekly reminder, SaPeIH-M (intervention) without reminder and control groups. Each group consisted of 100 pregnant women recruited in the obstetric clinics in Samarinda City, Indonesia. SaPeIH-Q (a validated questionnaire assessing knowledge, attitude and practice on seat belt during pregnancy) were given to the pregnant women at recruitment. The intervention groups were given SaPeIH-M to watch in a separate room. The intervention group with reminder were given reminder weekly for the next 6 weeks. On the 7th week all participants were given another SaPeIH-Q to fill. Data was then tabulated and analysed. All analyses using SPSS version 27. **Result:** The knowledge and the attitude scores were significantly improved following exposure to the SaPeIH-M in both intervention groups. Notably, the knowledge and attitude in the intervention groups with reminder were significantly better when compared between the two. There was also a significant difference in the practice using seat belt during pregnancy after exposure with SaPeIH-M; and the difference was significantly more than the intervention group with reminder. **Conclusion:** The SaPeIH-M is an effective tool in improving the knowledge, attitudes, and practice of seat belts usage among pregnant women, especially when pregnant women were exposed to it regularly.