

**Table 4.** Distribution of bed rest associated psychological symptoms experienced by pregnant women.

Psychological Symptoms	Absent		Mild		Moderate		Severe	
	n	%	n	%	n	%	n	%
Difficulty in concentrating	26	50.00	14	26.92	12	23.08	0	0.00
Attitude change	24	46.15	20	38.46	8	15.39	0	0.00
Tension-nervousness	11	21.16	17	32.69	24	46.15	0	0.00
Boredom	8	15.39	15	28.84	17	32.69	12	23.08
Sensorial changes	44	84.61	2	3.84	0	0.00	6	11.55
Nightmares	34	65.40	3	5.76	15	28.84	0	0.00
Being more emotional	37	71.16	3	5.76	12	23.08	0	0.00