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## **Impact of Variables Based on Cognitive Abilities in Gestation/ Gravidity: A Narrative Review**

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### **Abstract**

**Purpose:** Pregnancy and motherhood are incredible experiences that change a woman's body, mind, and emotions. This narrative review takes a closer look at how these changes affect the way women think and process information, focusing on three key areas: memory, executive function and attention.

**Relevance:** Pregnancy represent periods of significant psychological and physiological changes for women. Understanding how these changes affect cognitive function is crucial for providing optimal support and interventions during these vulnerable periods.

**Methods:** The review adopts a narrative approach, analysing and summarizing existing research studies on the topic. Relevant literature was identified through a comprehensive search of academic databases and journals. Data was extracted from PubMed, Google Scholar, MEDLINE, The Web of Science and Frontiers. Included studies were published in between 1999 and 2023.

**Results:** The review draws attention to possible pregnancy-related memory loss, especially in verbal recall. However, the evidence for pregnancy- related changes in working memory and visual memory is mixed. Pregnant women and mothers appear to exhibit similar alerting and orienting attention as non-pregnant women. Additionally, sleep fragmentation during pregnancy may contribute to poorer attention.

**Conclusion-** Cognitive changes during pregnancy and motherhood are complex and multifaceted. Individual differences and various influencing factors, such as sleep, hormones, and stress, play a significant role in shaping cognitive function during this period. Further research is crucial to fully understand the interplay between pregnancy, motherhood, and cognitive function, allowing for the development of effective interventions and support systems for mothers.

**Keywords:** Attention, Cognition, Executive Function, Memory and Pregnancy Brain.