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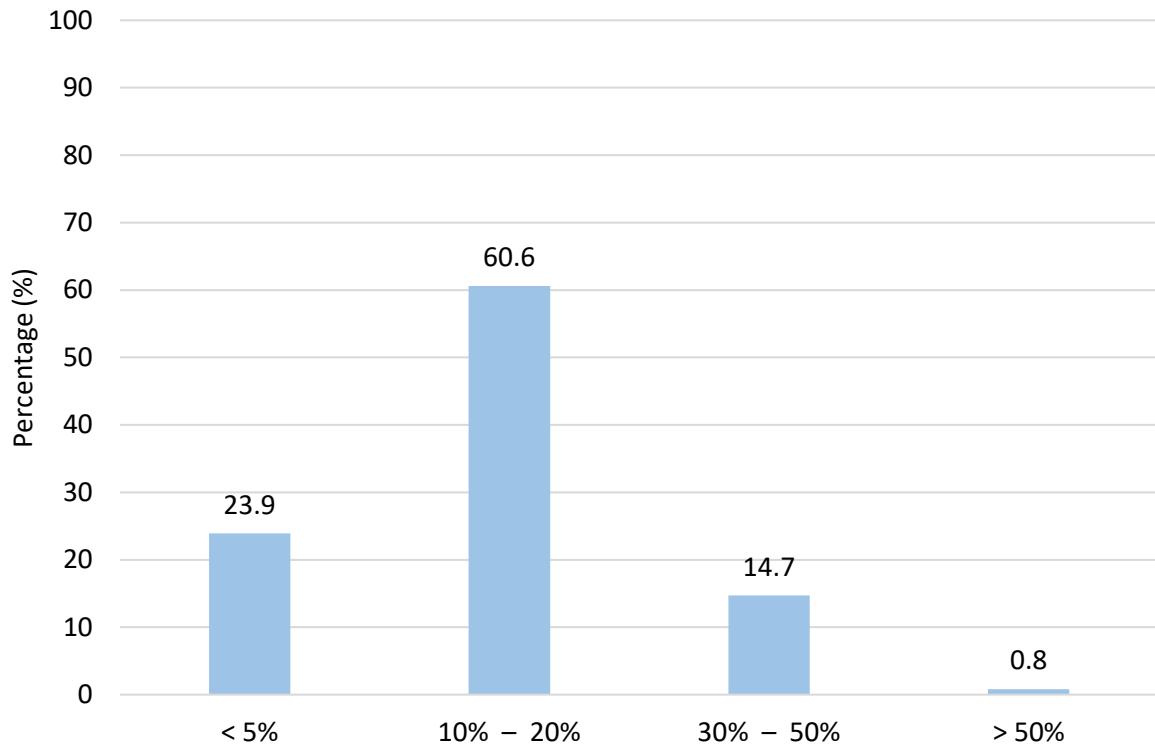
Online Survey on Public Attitude and Knowledge towards Pregnancy Loss

- Data from 913 respondents, sampled through community network and social media platforms, were analyzed in this survey. Most respondents were female (n = 671, 73.5%) and obtained university education or above (n = 736, 80.6%). 18.8% of respondents reported that their partner or themselves had experienced a miscarriage (n = 168).

Inadequate factual awareness of pregnancy loss

- When respondents were asked about their perceived prevalence of miscarriage in Hong Kong (Chart 1), 60.6% of them correctly answered that the prevalence of miscarriage is 10% – 20%.
- More than half of respondents (62.3%) did not know that miscarriage is defined as the loss of pregnancy before 24 weeks of pregnancy.
- Most respondents correctly identified the definition of recurrent miscarriage (82.7%), which is defined as at least 2 or 3 pregnancy losses.

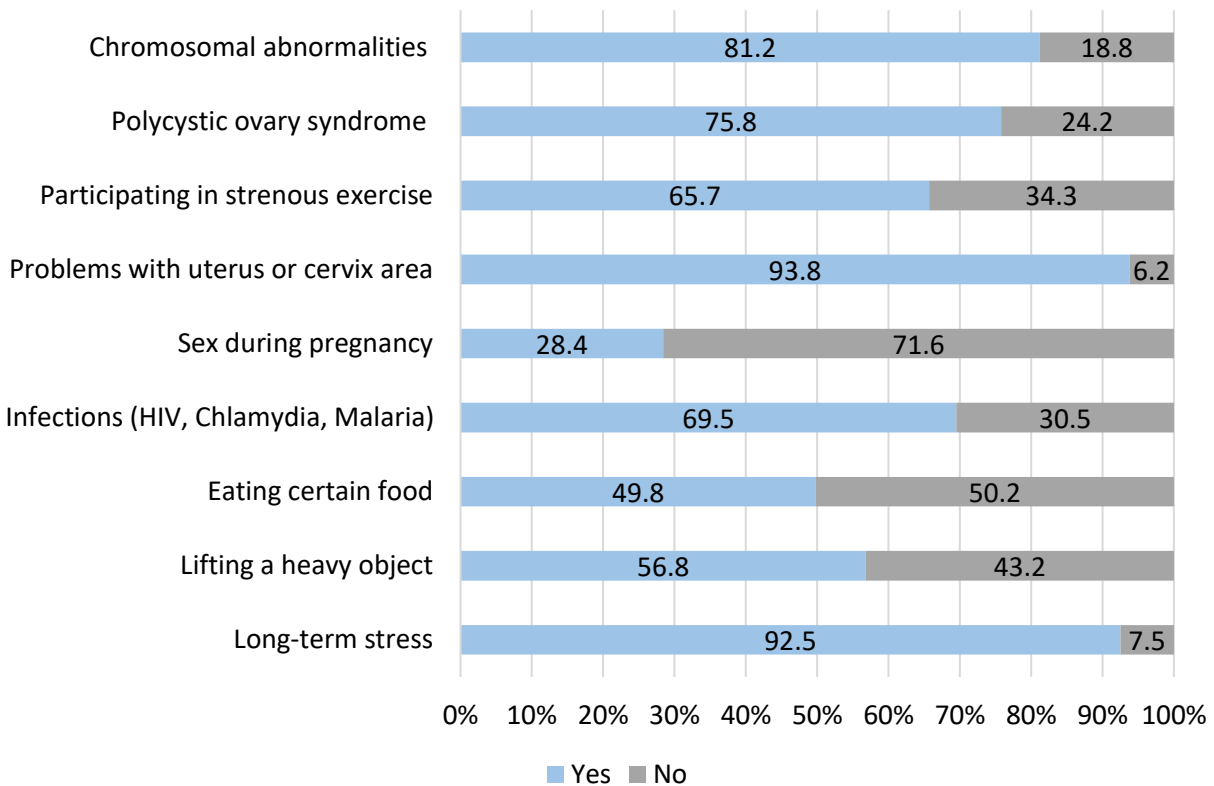
Chart 1. Respondents' perceived prevalence of miscarriage in Hong Kong



Strong misconception towards the causes of miscarriage

- An overwhelming majority of respondents erroneously believed that long-term stress is a cause of miscarriage (92.5%).
- Other lifestyle myths, such as participating in strenuous exercises (65.7%), lifting a heavy object (56.8%), eating certain foods (49.8%), and sex during pregnancy (28.4%) were also incorrectly assumed as causes of miscarriage.
- In terms of medical causes of miscarriage, many respondents correctly identified problems with uterus or cervix area (93.8%), chromosomal abnormalities (81.2%), polycystic ovary syndrome (75.8%), and infections such as HIV, Chlamydia, and Malaria (69.5%) as causes of miscarriage.

Chart 2. Respondents' Perceived Causes of miscarriage



*Interpretative condolence expressions towards bereaved parents***“Break the Silence – Pregnancy Loss Week” Awareness Campaign to be held in October**

- In order to promote public understanding and support for people experiencing pregnancy loss, we have initiated a public campaign, named “Break the Silence – Pregnancy Loss Week” Awareness Campaign. This campaign is the first step in raising public awareness on the needs and concerns of individuals or couples experiencing pregnancy loss and creating a supportive space for parents who are grieving for their loss (refer to Appendix 1 for details).

Message to the Public

- Our findings indicated that myths related to pregnancy loss still persist in our society, leading to blaming behaviours and use of interpretative condolence expressions towards bereaved parents. This reflects a need to enhance our knowledge on reproductive health topics.
- Many parents have expressed that they wish people can keep them company, accept their grief, and acknowledge their child and identity as parents. When comforting bereaved parents, we can try to use empathetic person-centered responses, and take the initiative to check in with them (refer to table 2). For more related information (Chinese only), please go to: <https://www.jcperinatal-bc.hk/tc/>
- We need collective effort from our community to debunk miscarriage myths, acquaint ourselves the stories of bereaved parents, and create a supportive community for them. We hope you can join us in “Break the Silence – Pregnancy Loss Week” Awareness Campaign to end the silence on pregnancy loss, learn about the needs of bereaved parents, and offer the right kind of support through words and actions.

Table 2. How to support bereaved parents

Use empathetic person-centered responses:	Checking in with bereaved parents:
√ “This must be a difficult time for you.”	√ Take the initiative to contact them
√ “Your child knows you love him/her.”	√ Listen to their stories and feelings with your heart
√ “Your child will always be remembered.”	√ Offer practical support, such as buying daily necessities
√ “It is okay to grief over your loss.”	√ Stay with them in silence
√ “Take your time to heal.”	

Appendix 1 (Chinese only)



Jockey Club
Perinatal Bereavement Care Project
賽馬會「小足·福」失胎支援計劃

#沉默的愛由我說起
#BreakTheSilence

失胎關注週



 <p>2022年10月3日 [星期一]</p> <p>11:30-12:30 香港市民對 失胎之認知及 態度研究 網上新聞發佈會 講者： 陳凱欣博士 伍毅寧先生</p>	 <p>2022年10月8日 [星期六]</p> <p>10:00-12:00 及 14:30-16:30 懷緬剪貼箱活動</p> <p>12:00-13:30 及 16:30-17:30 急性支援聚焦小組研究</p> <p>15:00-16:30 公開講座： 打開天窗說生死 (3) 講者：關家榮博士及王耀航博士</p>	 <p>2022年10月12日 [星期三]</p> <p>10:00-12:00 善別輔導講座： 「難以言說的哀傷」- 如何支援夫婦走過失 胎的傷痛 講者：田芳女士</p>	 <p>2022年10月15日 [星期六]</p> <p>14:00-14:30 計劃啟動儀式</p> <p>14:35-16:00 哀傷支援在社區： 如何協助父母渡過 失去孩子的哀傷 研討會</p>
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主辦機構



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The University of Hong Kong
香港大學社會工作及社會行政學系



家庭健康促進中心
Family Wellness Centre



香港明愛
Caritas
HONG KONG



明愛失胎支援中心
Caritas Miscarriage Support Centre

捐助機構



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The Hong Kong Jockey Club Charities Trust