



# Introduction to the Problem

Goal: Deconstruct a complex health problem by defining it, establishing its extent and scope, and discussing factors that impact it.

To understand complex health problems, we must examine how they affect a population.

## Example Introduction:

Read the following introduction and identify the types of information you notice on the following page.

### Comparison of Adolescent, Young Adult, and Adult Women's Maternity Experiences and Practices

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A decline in the prevalence of adolescent pregnancy has been observed over the past 2 decades in several countries.<sup>1</sup> Nevertheless, the risk profile that adolescents possess in terms of the circumstances that contribute to their pregnancy, the adverse maternal and child outcomes associated with adolescent pregnancy, and the limitations imposed on their future and that of their child suggest that adolescent pregnancy continues to represent an important public health issue. Some studies have found that, compared with older mothers, adolescent mothers have greater risks for delivering preterm, low birth weight, and small for gestational age infants.<sup>2</sup> A large body of evidence also suggests that children of adolescent mothers are at greater risk for educational disabilities,<sup>3</sup> mental health disorders,<sup>4</sup> and having an adolescent pregnancy.<sup>5</sup> Pregnant adolescents also face distinct challenges as they seek to resolve developmental tasks related to both their adolescence and pregnancy, a process that represents a "dual developmental crisis" of conflicting goals that can impede healthy transition to motherhood.<sup>6</sup>

The unique needs presented by adolescents during pregnancy and postpartum have prompted the development of models of prenatal and postpartum care specific to adolescents.<sup>7</sup> However, the main focus with respect to adolescent pregnancy has been its prevention, with less attention paid to addressing the needs of the adolescent once pregnant or after birth. Understanding the needs and experiences of pregnant and postpartum adolescents would contribute to health care professionals' ability to provide effective care for this group. A few studies have used qualitative approaches to describe specific aspects of adolescent pregnancy and motherhood, including the adjustment to pregnancy and motherhood,<sup>8</sup> postpartum depression,<sup>9</sup> breastfeeding,<sup>10</sup> and in-hospital

postpartum experiences.<sup>11</sup> Studies that have compared the experiences of adolescents with nonadolescents suggest that adolescents may be more likely to have higher rates of intimate partner violence,<sup>12</sup> postpartum depression,<sup>13</sup> and smoking during pregnancy,<sup>14</sup> whereas findings related to their obstetrical experiences are equivocal, with some studies reporting increased risks<sup>15</sup> and others describing similar or lower risks.<sup>16</sup> Many of these studies were conducted outside of North America by using small samples with distinct characteristics. Other national studies of maternity experiences have excluded adolescents <18 years of age (United States)<sup>17</sup> or have not studied their experiences separately (United Kingdom).<sup>18</sup> The purpose of this study was to extend the current state of knowledge on adolescent pregnancy and motherhood by using a nationally representative sample to compare the maternity experiences, knowledge, and behaviors of Canadian adolescent, young adult, and adult women. We hypothesized that the maternity experiences of adolescents would differ from adult women but would be similar in some aspects to young adult women.

## Types of Information Found in Introduction

### Outlining:

*(From the Purdue OWL Web Site, Developing an Outline and Types of Outlines)*

Why create an outline? There are many reasons; but in general, it may be helpful to create an outline when you want to show the hierarchical relationship or logical ordering of information. For research papers, an outline may help you keep track of large amounts of information. Below are the primary reasons for creating an outline.

- Aids in the process of writing
- Helps you organize your ideas
- Presents your material in a logical form
- Shows the relationships among ideas in your writing
- Constructs an ordered overview of your writing
- Defines boundaries and groups

### How do I create an outline?

- Brainstorm: List all the ideas that you want to include in your paper.
- Organize: Group related ideas together.
- Order: Arrange material in subsections from general to specific or from abstract to concrete.
- Label: Create main and sub headings.

*Remember: creating an outline before writing your paper will make organizing your thoughts a lot easier. Whether you follow the suggested guidelines is up to you, but making any kind of outline (even just some jotting down some main ideas) will be beneficial to your writing process.*

### Introduction Outline:

Complete basic background research to gather and organize information based on the following components:

**P1. Define the Problem** (*Disease overview, prevention, screenings*)

**P2. Describe the Problem** (*Population, Trends, etc.*)

**P3. Give Background on the Problem** (*History, Current issues & research, IMPACT!*)

**P4. Summarize Risk Factors & Solutions to the Problem** (*RFs, Interventions*)

**P5. State your Purpose & Research Question**