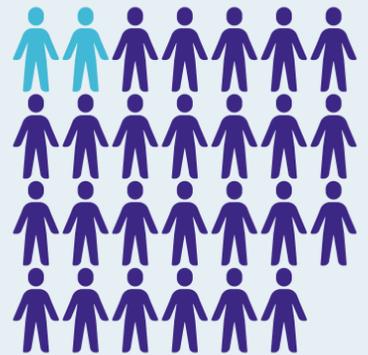


# PRETERM BIRTH: LONG-TERM OUTCOMES

Social and emotional development, mental health, academic skills, and physical activity.

- Term born: 37-41 weeks gestation
- Preterm: < 37 weeks gestation
- Late preterm: 34-36 weeks gestation
- Moderate preterm: 32-33 weeks gestation
- Very preterm: 22-31 weeks gestation
- Extremely preterm: 22-27 weeks gestation

In the UK, 7% of babies born are preterm. That's two children in every primary school class.



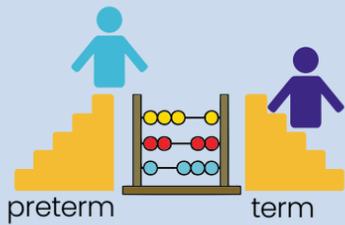
## SOCIAL AND EMOTIONAL DEVELOPMENT

- In many domains, self-rated perceptions are equal for preterm and term born adolescents.
- Whereas preterms report lower well-being in friendship relations during adolescence & fewer intimate relationships during adulthood compared with term borns.

Self-esteem Well-being	School environment	Being parents	Romantic partnership
Physical appearance	Family relations	Friendship relations	Sexual intercourse
preterm = term		preterm ≠ term	

## PROMOTIVE FACTORS FOR DEVELOPMENT IN PRETERM CHILDREN

- Pre-school maths skills are more strongly associated with higher GCSE grades for preterm children compared to term born children.
- Pre-school reading skills are associated with higher GCSE grades equally in both preterm and term born children.



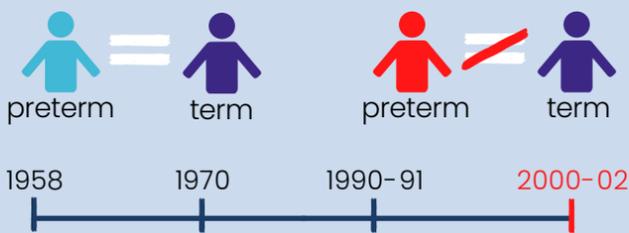
## PROMOTIVE FACTORS FOR DEVELOPMENT IN PRETERM AND TERM BORN CHILDREN

- Physical activity measured by a wrist-worn accelerometer is associated with better mental health and well-being in preterm and term born adolescents.



## MENTAL HEALTH

- Moderate and late preterm adolescents born in the early 2000s have increased mother-reported emotional problems & hyperactivity compared with term born children. There were no differences for earlier birth years.
- Self-reports of moderate and late preterm and term born adolescents show no differences in emotional problems.



- Adults born very preterm and/or very low birthweight (<1500g) continue to be at an increased risk for developing depression but not anxiety.

For more information, contact: Dieter Wolke [d.wolke@warwick.ac.uk](mailto:d.wolke@warwick.ac.uk)  
 Sakari Lemola [sakari.lemola@uni-bielefeld.de](mailto:sakari.lemola@uni-bielefeld.de) or [s.lemola@warwick.ac.uk](mailto:s.lemola@warwick.ac.uk);  
 or Ayten Bilgin [a.bilgin@kent.ac.uk](mailto:a.bilgin@kent.ac.uk)