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خلاصه مقاله:

Background: Physiological and psychological impacts of pregnancy may relate to anxiety symptoms in nulliparous women. An effective communication between couples can have protective effects against anxiety in this period. Objectives: The present study intended to assess the relationship between communication skills and the anxiety during pregnancy in nulliparous women. Methods: This study adhered to a descriptive cross-sectional design. In this study, 100 nulliparous women of 18 to 40 years old were selected through a two-stage cluster sampling in Health Centers of Sari, Iran (2014-2015). We used the Spielbergerchr('39')s questionnaire to measure pregnancy anxiety and Queendomchr('39')s questionnaire to assess coupleschr('39') communication skills. Statistical-descriptive methods and Pearson correlation coefficient were used to analyze the data. Results: The mean age of the women participating in the study was 27.15±4.69. The results showed that there was a negative significant correlation between communication skills and state (r=-0.45, p<0.01) and trait anxiety (r=-0.51, p<0.01). However, there was no significant relationship between one of the subscales of communication skills (assertiveness) and state and trait anxiety.

Conclusion: This study indicated a negative correlation between communication skills and pregnancy anxiety. Strong communication skills could diminish pregnancy anxiety and eventually lead to higher psychological health.

لینک ثابت مقاله در پایگاه سیویلیکا:

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