

عنوان مقاله:

Comparison of the Effect of Teaching an Educational Package to Spouses Using Two Methods of In-Person and Distance Education in Childbirth Preparation Classes on Pregnant Women's Mental Health

محل انتشار:

مجله مامایی و بهداشت باروری، دوره 9، شماره 3 (سال: 1400)

تعداد صفحات اصل مقاله: 10

نویسندگان:

Farideh Rahmanian - *MSc in Midwifery, Department of Midwifery, School of Nursing & Midwifery, Golestan University of Medical Sciences, Gorgan, Iran*

Fatemeh Seifi - *Assistant Professor, Department of Midwifery, School of Nursing & Midwifery, Golestan University of Medical Sciences, Gorgan, Iran*

Mahin Tafazolim - *Assistant Professor, Department of Midwifery, School of Nursing & Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran*

Mahin Tatari - *MSc in Statistics, Counselling and Reproductive Health Research Center, Golestan University of Medical Sciences, Gorgan, Iran*

خلاصه مقاله:

Background & aim: Spouses' participation in childbirth preparation classes seems to be effective in the promotion of pregnant women's mental health. Considering the barriers to spouses' participation in these classes, this study aimed to determine the effect of teaching an educational package to spouses using two methods of in-person and distance education in childbirth preparation classes on pregnant women's mental health. Methods: This quasi-experimental study was conducted on ۱۰۲ pregnant women and their husbands in health centers of Mashhad, Iran, in ۲۰۱۹. The subjects were randomly assigned to three groups of in-person education ($n=۳۵$), distance education ($n=۳۳$), and control ($n=۳۴$). In the in-person education group, spouses attended in the third and eighth sessions. In the distance education group, an educational package was delivered to spouses, followed by follow-up calls within three weeks to resolve possible ambiguities. In the control group, the spouses did not receive any training. Pregnant women's mental health was assessed by the General Health Questionnaire-۲۸ before, immediately after, and three weeks after the intervention. Results: The mean scores of mental health in the three groups did not differ before the intervention ($P<۰.۰۵$). In the distance education group, the mean scores of mental health decreased by ۱۶.۱ and ۲۰.۱ after the intervention and in the follow-up stage, compared to the control group ($P<۰.۰۰۱$). In the in-person education group, there were no significant changes in the scores in any stages of pre-intervention, post-intervention, and follow-up, compared to the control group ($P<۰.۰۵$). Conclusion: Distance education of spouses in childbirth preparation classes .was more effective in the promotion of pregnant women's mental health, compared to in-person education

کلمات کلیدی:

Mental health, Spouses' Educational Package, In-person Education, Distance education, Pregnant Women

لینک ثابت مقاله در پایگاه سیویلیکا:

