

عنوان مقاله:

The Effect of Smartphone-based Self-care Education on Awareness, Perceived Severity and Self-care Behaviors in Pregnant Women at Risk of Preterm Birth during COVID-19 Pandemic: A Quasi-Experimental Study

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خلاصه مقاله:

Background & aim: The fear of being affected by COVID-19 has significantly reduced perinatal care. The current study aimed to evaluate the impact of smartphone-based self-care education on awareness, perceived severity, and self-care of pregnant women at risk of preterm birth during a covid-19 pandemic. **Methods:** This quasi-experimental study was conducted on 115 pregnant women at risk of preterm birth that was assigned into intervention (N=58) and control (N=57) groups. The research tools included the demographic and preterm delivery screening checklist, awareness, perceived severity, and self-care questionnaires. The intervention group received training files using WhatsApp software within two weeks. The control group received no intervention. The questionnaires were completed before (T₁), 8 (T₂) and 12 (T₃) weeks after the implementation of the intervention in two groups. ANOVA, ANCOVA, independent t-test, chi-square, and Fisher's exact test were used to analyze the data using SPSS software (version 24). **Results:** No significant difference was found between baseline data (T₁) before the intervention in two groups ($p > 0.05$); while after the intervention, a significant increase was observed in the mean score of awareness at T₂ and T₃ compared to T₁ ($P < 0.001$) as well as self-care at T₂ and T₃ compared to T₁ ($P < 0.001$). Also, a significant decrease was observed in the mean score of perceived severity ($P < 0.001$) in the intervention and control group over time. **Conclusion:** It appears that distance learning to provide care for pregnant women and informing healthcare providers about their condition can be useful, especially for those who are at risk during pandemics.

کلمات کلیدی:

Mobile Applications Pregnancy, Preterm, self-care, COVID-19

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