



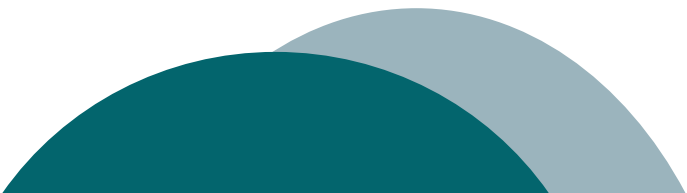
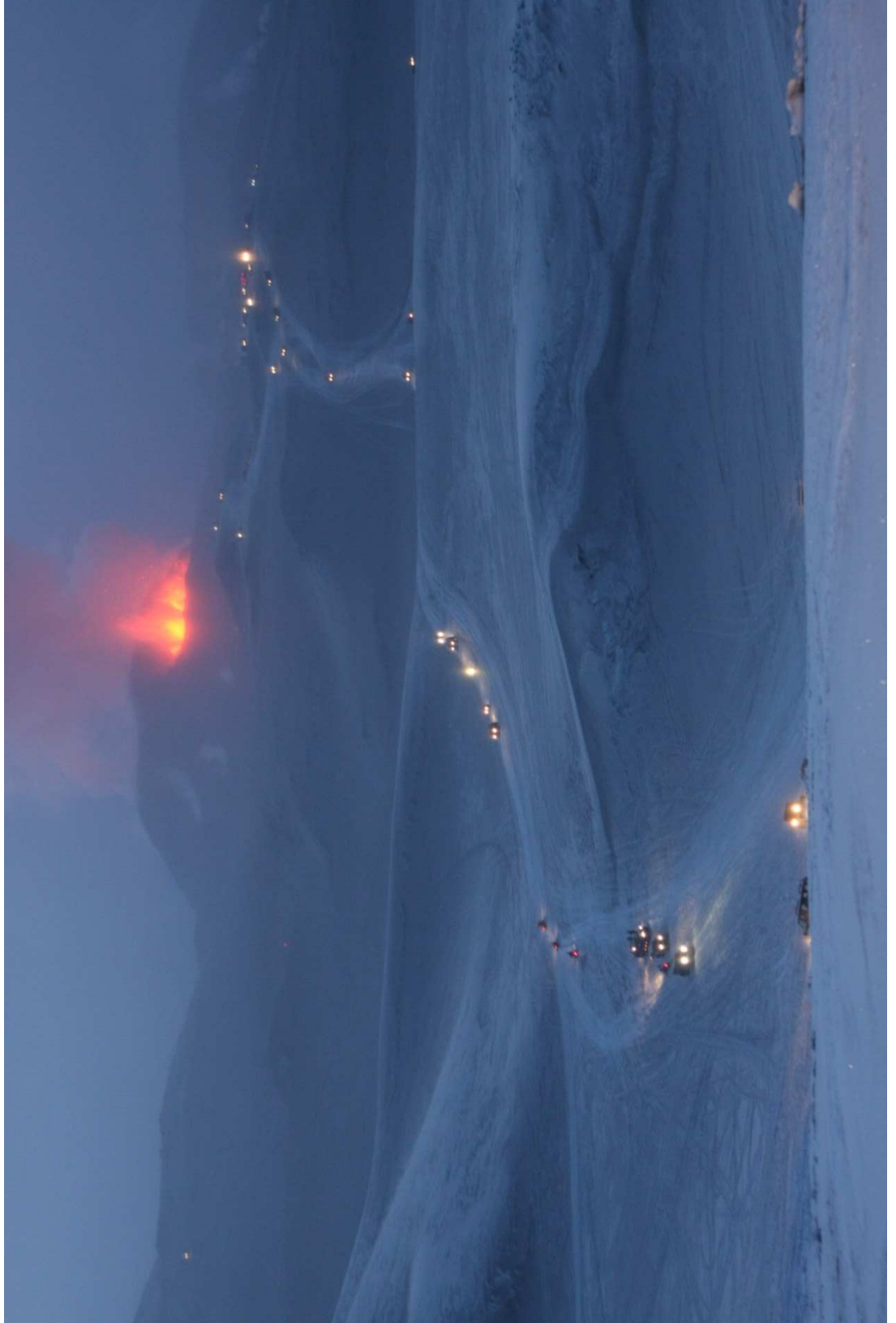
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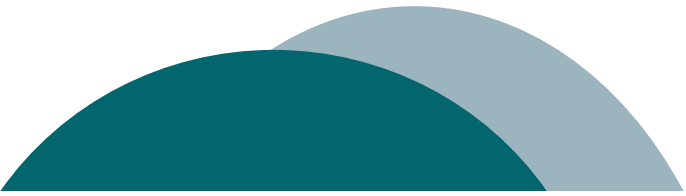


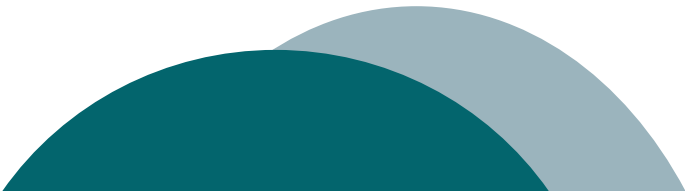
Primary Health Care of the Capital Area

Innovation of a family nursing intervention for distressed families during pregnancy

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Purpose of the study

- The purpose of the study is to evaluate an innovative service for distressed pregnant women and their partners



Background of the study

- The prevalence of distress due to depression/ anxiety is as common antenatally as postpartum
- Long term distress during pregnancy can have a negative effect on the developing fetus
- Long-term distress during pregnancy predicts post natal depression (ca. 50%)



The family nursing intervention

- The intervention includes four home visits during second and third trimester of pregnancy.
- The aim of the intervention is to enhance self-esteem of family members and the quality of the couples relationship. This is related to reduction of distress and anxiety.



Hypotheses for each home visit

- 1) Pregnancy is a transactional period and affects families physically, mentally and socially.
- 2) Communication between the couple changes during pregnancy
- 3) Support and understanding of the mothers' distress by partners is likely to facilitate adjustment to parenthood and attachment to the baby.
- 4) Facilitating beliefs will diminish distress during pregnancy.



Study-design and measures

- Quasi-experiment, one-group pre-posttest.
- Self-report scales (pre-posttest)
 - EDS – Edinburgh Depression Scale
 - STAI-State and Trait Anxiety Inventory
 - RESE – Rosenberg Self-esteem scale
 - DAS – Dyadic Adjustment Scale



Demographics

○ N=70

| characteristics | mothers | fathers |
|------------------------|----------------|----------------|
| Age m(range) | 28 (17-45) | 30 (20-44) |
| Primipara | 43% | |
| Multipara | 57% | |
| Houseowner | 59% | |
| renting | 32% | |
| Medication | 24% | |



results, prospecting mothers

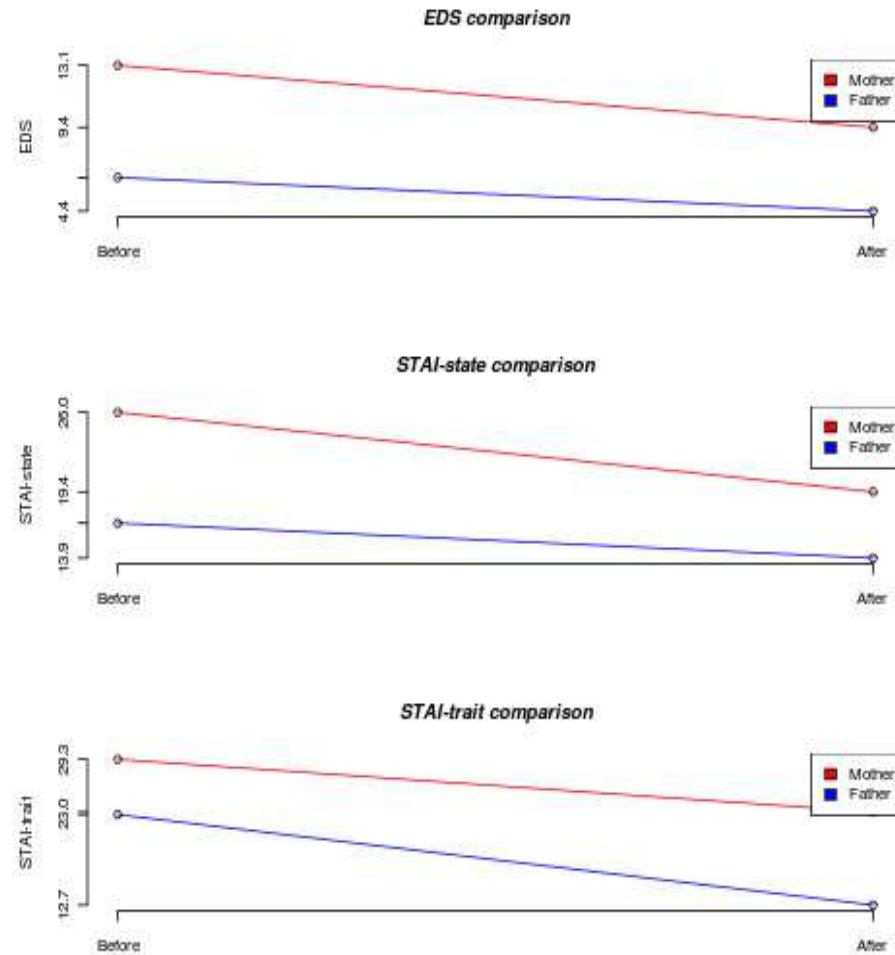
| measure | before | after | p<0.05 |
|----------------------|---------------|--------------|------------------|
| EDS (n=49) | 13.1 | 9.4 | P<0.001 |
| STAI-trait (n=47) | 29.3 | 23.3 | P<0.001 |
| STAI-state (n=43) | 26 | 19.4 | P<0.001 |
| RSES (n=45) | 19.5 | 22 | P<0.001 |
| DAS (n=39) | 110.8 | 116.9 | P<0.001 |



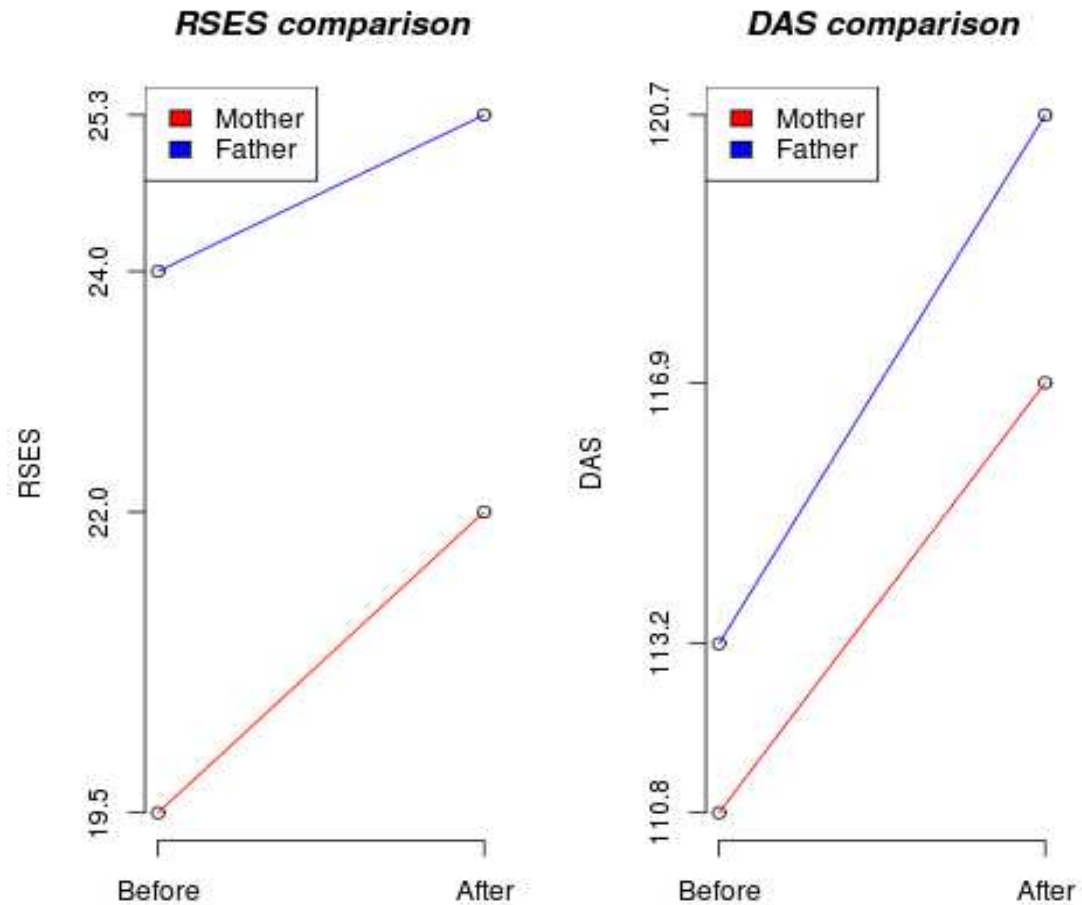
results, prospecting fathers

| measure | before | after | p<0.05 |
|----------------------|--------|-------|---------|
| EDS (n=40) | 6.4 | 4.4 | P<0.01 |
| STAI-state (n=36) | 16.8 | 13.9 | P<0.001 |
| STAI-trait (n=35) | 23 | 12.7 | P<0.01 |
| RSES (n=40) | 24 | 25.3 | P<0.05 |
| DAS (n=26) | 113.2 | 120.7 | P<0.01 |

Comparison of depressive symptoms and anxiety over time between mothers and fathers



Comparison of self-esteem and couple relationship over time between mothers and fathers





Depressive symptoms 9 weeks postpartum

- N=49
- EPDS \geq 12; 18.4%



Conclusion

- The results indicate that the intervention contributes significantly to enhanced quality of the couple relationship and increased self-esteem.
- The intervention is also effective in reducing depressive symptoms and anxiety in both partners.
- Because of small sample size results cannot be generalised and it is recommended to repeat the study with a larger sample and in another cultural context.

thanks

