

Tabriz University of Medical Sciences
Nursing & Midwifery Faculty

Dissertation submitted for Master of science in midwifery

Title: **The effect of counselling on coping with decision to continue an unplanned pregnancy: a randomized controlled clinical trial**

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Abstract

Introduction: Continued unplanned pregnancy is a great challenge for mother, family and health system. The present study aimed to determine the effect of counselling on coping with an unplanned pregnancy in women with decision to continue.

Methods: This randomized controlled clinical trial was conducted on 82,14-18 weeks pregnant women whit unplanned pregnancy. Participants were assigned to control (n = 41) and intervention (n = 41) groups through blocked randomization design. For intervention group four individual weekly counseling sessions with 60-90 min were provided and the control group received routine prenatal care. The participants completed the Coping whit Pregnancy scale, Pregnancy related anxiety scale, womans perceptions of unplanned Pregnancy Questionnaire before and 4-8 weeks after the intervention. Data analysis was performed using SPSS24, Chi-square, independent t-test and ANCOVA tests.

Results:

No significant difference was seen between in terms of sociodemographic characteristics of participants in the study ($P < 0.001$). The mean (SD=Standard deviation) of total score of coping with pregnancy in the intervention group significantly increased from 57.80 (12.90) before intervention to 61.28(1.90) four- eight weeks after the end of intervention The mean (SD) score of pregnancy anxiety and percieved concerns and threats in pregnancy were significantly decrease after intervention in the counselling group in comparision with control group ($P < 0.001$).

Conclusion: Conseling has a positive effect on better adjustment and coping, reduction of anxiety and perceived worries and threats related to unplanned pregnancies, therefore, consndering counseling and supportive programs to this group of women during Pregnancy, is strongly recommended.

Keywords: Unplanned pregnancy, Coping, Pregnancy related Anxiety, Consultation
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