

Questions

Do you experience fear of pregnancy, birth, the unknown, the labor pain, your unborn child, early parenting etc.?

Do you experience stress?

Please do something about that and participate in this research.

If you have questions concerning this study after reading this information, please contact us:

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I've changed my Mind



A scientific research on the effects of the Mindfulness-Based Childbirth and Parenting programme and the Fear of Childbirth Consultation programme in *anxious pregnant women* (and their partners)



UNIVERSITEIT VAN AMSTERDAM



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Background of this research

A lot of research has already been conducted on the effects of fear in pregnancy, birth and early parenting. This showed that women who suffer anxiety experience more stress. Because of this, they are at higher risk for negative childbirth outcomes for themselves as well as for their child, also an increase in obstetrical interventions and an increase in post-natal anxiety, stress and depression. Hence, we want to research if the Mindfulness-Based Childbirth and Parenting (MBCP) programme or the Fear of Childbirth Consultation (FCC) programme can reduce anxiety, stress, negative mood and additional complaints during pregnancy, birth and early parenting. We will also look at the effect of these programmes during pregnancy, birth and the postnatal period. Furthermore, we will look also at the effects on the partner and together as a couple during the early parenting weeks.

Partner

We also know that the emotional wellbeing of the pregnant woman can be influenced by a support of her partner and this is why we recommend participation of the partner in this study. By partner we mean a person with whom you are married or live together with, or any other person who is important to you and who will also be present during your childbirth. You may also participate alone.

How will this research be carried out?

If you agree to participate in this study, the level of fear of childbirth you experience will be determined by a short questionnaire. Based on this we will let you know if you are able to participate in this study. Together with your partner you will be allocated through a computer program to one of the two study-arms: MBCP during pregnancy or FCC during your pregnancy and MBCP after giving birth, if you wish to. MBCP consists of 9 weekly group-sessions of 3 hours. A group will vary from four to six couples. FCC consists of a couple of individual consultations of 45 min. These, without any cost, programmes will be provide on the weekdays evenings or Saturdays mornings.

Who may participate?

All anxious pregnant women, who are now less than 26 weeks can participate in this research.

Possible advantages and disadvantages

When you participate in this study we will be working with you to reduce the fear and related complaints. Possible other complaints might be recognized earlier through the use of the questionnaires. Your partner will also be involved in the study, which you may experience as a support. Participation in both MBCP programmes and the FCC programme are without any cost for you, but do take up some of your time as well as filling in the on-line questionnaires.