



Comparison of childbirth training workshop effects on knowledge, attitude and delivery method between mothers and couples groups refer to Isfahan health centers in Iran.

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Background: World Health Organization announced acceptable level of cesarean section (CS) as 10-15%. In recent years, CS has been increased irregularly. Lack of couples' appropriate knowledge and attitude play a major role in this regard. This study tried to compare the effect of a labor educational workshop on knowledge, attitude and selection of type of delivery.

Methods: Present study is a random clinical trial conducted on 180 subjects referring to Isfahan health care centers in three groups of mothers (alone), couples (mothers and partners), and control in four stages. After sampling, a pre- test and intervention in form of an educational workshop were conducted. Then, post-test was administrated immediately after, one month later and in puerperium in all three groups. Data were analyzed by SPSS version ۱۵.

Results: Analysis showed knowledge mean statically was significant in mothers ($p<0.001$), Couples ($p<0.001$) and Control group ($p<0.001$) before and after intervention. Attitude mean statically was significant in mothers ($p<0.001$), Couples ($p<0.001$) and Control group ($p<0.001$) before and after intervention too. Analysis of delivery method selection showed in mothers, Couples and control groups, normal vaginal delivery was respectively most elective method which was significant ($p=0.01$).

Conclusions: workshop education of pregnant women and their partners was effective on their encouragement to natural delivery. Therefore, designing educational and counselling programs through collaborative methods for mothers and their partners are suggested to reduce rate of Cesarean.

Key-words: Knowledge, Attitude, Couples, Delivery, Iran

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