



**The Study of Training workshop Effects' on Tendency and Performance in Pregnant women and Their Spouses in the Selection of Delivery Method Using Attitude Change Patterns.**

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**Abstract:**

**Background and Objectives:** Cesarean section (CS) has been prevailed irregularly in recent years. The World Health Organization (WHO) has declared the acceptable rate of 10-15% for cesarean section. Since marriage is a communal life, collaboration and cooperation of mothers and their spouses in fertility is necessary. This study aims to evaluate the impact of training on the performance of mothers and spouses in selection of delivery method.

**Methodology:** This study was a randomized clinical trial with 90 women and 90 men referring to health centers in Isfahan. They were divided into three groups including mothers (alone), couples (mothers and their spouses), and control group. The study was performed in four stages. After sampling, the pre-test was conducted and educational interventions were administered. Post-test was carried out immediately, one month, and in puerperium in three groups.

**Results:** A significant correlation existed between the three groups in terms of tendency change from cesarean section into normal delivery in women ( $p=0.034$ ) and partners ( $p=0.032$ ) after intervention. The method of delivery performed indicates higher rate of normal delivery in the "mothers", "couples", and "control group", respectively; showing a significant difference between the three groups ( $p=0.010$ ).

**Discussion and Conclusion:** Training of pregnant mothers and their spouses using patterns of attitude change has affected behavior change, normal delivery encouragement, satisfaction and higher amenability in couples. Therefore, in order to reduce the rate of cesarean section, it is suggested to design and implement training and consulting plans for pregnant mothers and their spouses through participatory methods.

**Key-words:** Cesarean Section, Spouse, Attitude, Education, Iran

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