



Effect of a maternal role education program on maternal fetal attachment in nulliparous women with unplanned pregnancy

Masomeh Kordi ¹¹, Maryam Fasanghari ^{2*}, Negar Asgharipour ³, Habibollah Esmaily ⁴

Background : Nulliparous women with unplanned pregnancy experience high levels of anxiety. Anxiety harm to maternal fetal attachment and mother's ability reduce in playing maternal role. This study aimed to determine effect of a maternal role education program on maternal fetal attachment in nulliparous women with unplanned pregnancy.

Methods: In this clinical trial at the health care centers of Mashhad University of Medical Sciences, 67 nulliparous women were involved with gestational age 33 weeks that randomly were divided to intervention and control groups. The research instruments were : Demographic, London, Cranley's maternal-fetal attachment scale, Dass 21. The intervention group received routine prenatal care and 3 group sessions in weeks 34, 35, 36 pregnancy. Control group received routine prenatal care. Maternal fetal attachment was evaluated before intervention and immediately after intervention in week 36. Data analyzed using SPSS 21 and t-test, chi square, paired t test, Mann-Whitney, one- way ANOVA was performed. P value less than 0/05 was considered significant.

Results: Mean scores of maternal fetal attachment in intervention group (94.26 ± 6.7) and control group (90.22 ± 9.5) the difference statistically was significant ($p = 0.04$). The mean difference score of maternal fetal attachment at the beginning and end of the study (week 36) in intervention groups (5.86 ± 7.2) and control group (1.72 ± 3.2) difference statistically was significant ($p = 0.004$).

Conclusion: In this study ,maternal role education increased maternal fetal attachment , therefore should be considered to maternal role education during prenatal care.

Key word: Pregnany, Maternal role, Maternal role education, Maternal fetal attachment.

¹¹ Assistant, Evidence Based Care Research Center, Midwifery Department , Nursing and Midwifery School, Mashhad University of Medical Sciences, Mashhad.

^{2*} Graduate Student, Nursing and Midwifery School , Mashhad University of Medical Sciences, Mashhad. Email: fasangharim911@mums.ac.ir.....Tell: 09153194065 - 05137636329

³ Assistant Professor of Clinical Psychology, Psychiatry and Behavioral Sciences Research Center, Ibn-e-Sina Hospital, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad. Email:

⁴ Associate professor, Health Sciences Research Center, Departement of Biostatistics and Epidemiology, School of Health , Mashhad University of Medical Sciences, Mashhad.