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Prevalence of Childbirth Anxiety among Omani Women

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Objective: To determine the prevalence of childbirth anxiety and its associated factors among pregnant women during the third trimester of pregnancy.

Design: A cross sectional survey was conducted among 200 low-risk Omani pregnant women of age 18–35 years.

Setting: A major maternity government hospital in Muscat region of Sultante of Oman.

Sample: 200 convenient sample of low risk pregnant women who attended the major maternity government hospital during the period of June 2014 to 2015 June.

Methods: The data were collected by self-reported questionnaire of State Trait Anxiety Inventory (STAI) and Pregnancy-Specific Anxiety Inventory (PSAI).

Results: During the third trimester of pregnancy, high prevalence of childbirth anxiety was reported as compared to anxiety about being pregnant, anxiety on new born. Nulliparous pregnant women reported higherlevels of pregnancy specific anxiety especially of childbirth anxiety than parous pregnant women. Young age, nulliparous status and nuclear family nature were identified as common risk factors of high childbirth anxiety.

Conclusion: Higher prevalence of childbirth anxiety among nulliparous andyounger pregnant women necessitates an integrated routine screening during prenatal care and recommended to implement maternal awareness program on easy childbirth preparation. Early interventions will enable women to cope with the usual stress and reduces childbirth anxiety.

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