"MYDOULA" - FEARLESS BIRTH

MOBILE APP-BASED INTERVENTION PROGRAM FOR PREGNANT WOMEN TO PROMOTE MENTAL WELLBEING (RCT)

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FEAR OF CHILDBIRTH

- Tocophobia/Fear of Childbirth is prevalent among pregnant women, 11% experiencing severe fear (Lukasse et al., 2014)
- Fear impacts childbirth experience (Lyberg et al., 2019) and mental well-being
- "MyDoula" mobile app developed to reduce fear and depression
- 8-week PowerProgramm - RCT trial
- Results suggest app is effective in reducing fear and improving mindfulness

MOBILE APP AS TOOL

- MH-Apps and other technology-based solutions have the potential to play an important part in the future of mental health care (Bakker et al., 2016)
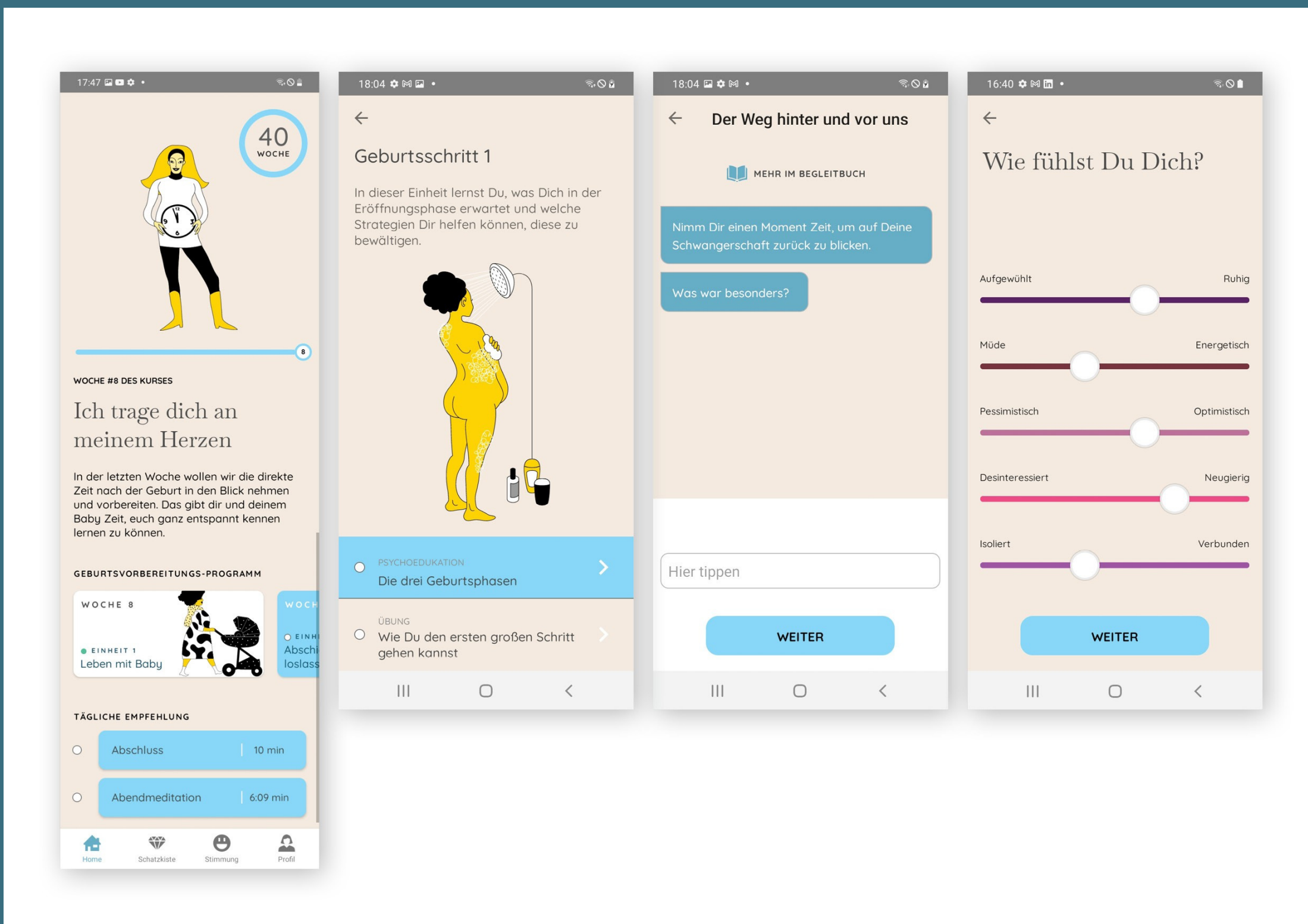- low threshold, low cost
- 24/7 available, self-paced treatment

INTERVENTIONS WITH IMPACT

- intervention design based on in-depth research, expert consultations, and psychological principles
- App includes components such as mindfulness, psychoeducation, coping strategies, and social support (Birner & Grosse, 2021)
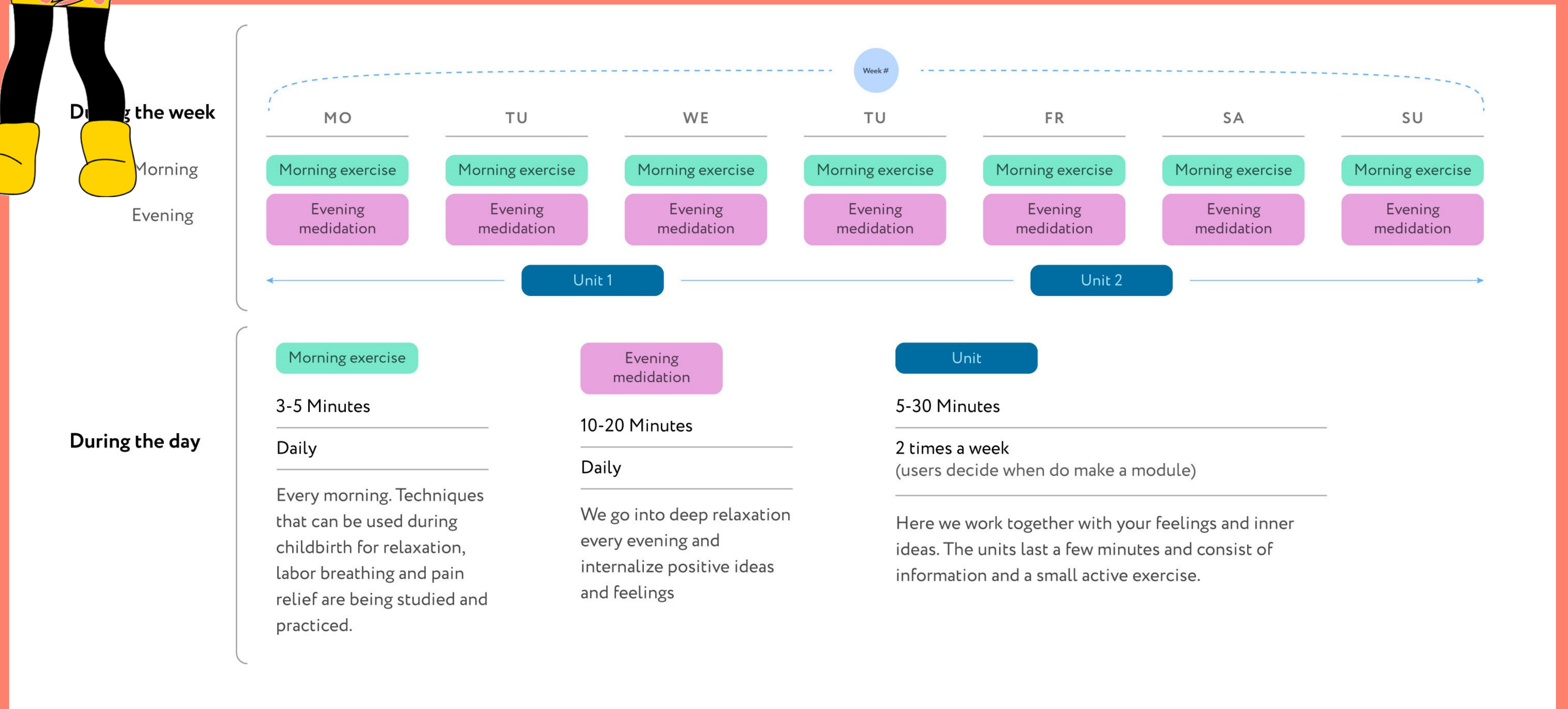
EXAMPLE SLIDES

GOALS

- prevent and reduce fear and depression
- improve sense of control and confidence
- activate ressources, like social support
- improve partner relationship
- build up self-esteem and generalized self-efficacy
- mood-tracking

DESIGN

- Study involved pregnant women with no special condition
- self-report via online questionnaires
- T_1 = baseline, before intervention (pregnancy week 20 to 27)
- T_2 = after 8-week intervention
- T_{31} = shortly after birth
- T_{32} = 4 - 8 weeks after birth

SAMPLE

- 104 women (55 control group)
- mean age: CG=32,24; IG=32,15
- education level: percentage high school: CG = 80%; IG 81,25%

MEASURES

- Fear of childbirth (W-DEQ-A) at T_1 and T_2
- Mindfulness (FFA; T_1, T_2)
- Depression scores (EPDS; at all Ts)
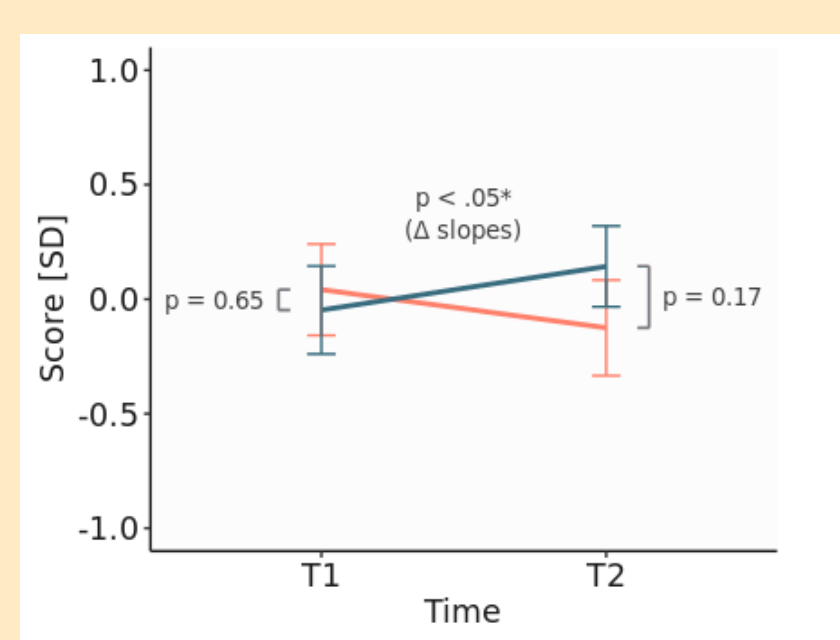- Bonding (MAAS; at all Ts)
- Mental Wellbeing (WEMWBS)

RESULTS

- Fear of Childbirth improves for the intervention group, this is significantly different from the control group
- Mindfulness increases significantly more in IG than CG
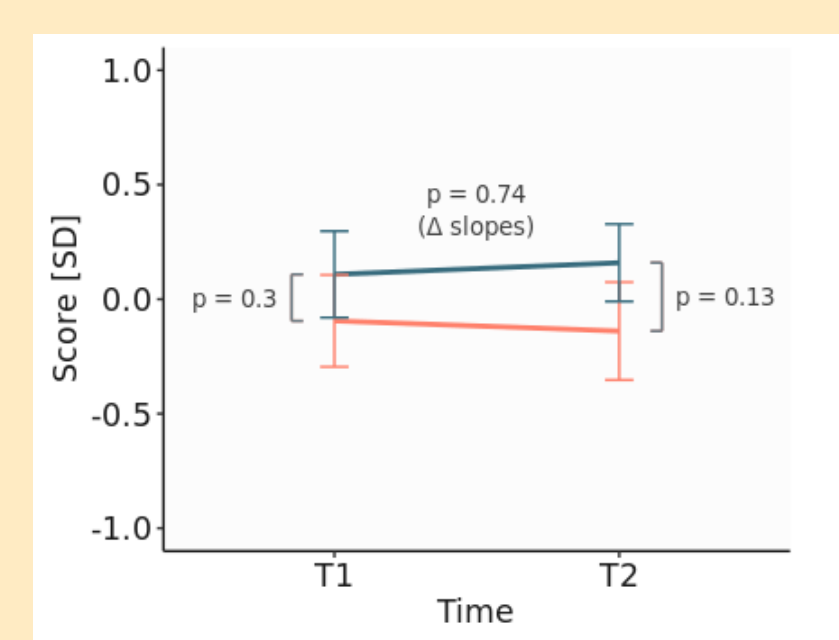- No differences in depression scores were found

Fear of Childbirth (WED-Q)
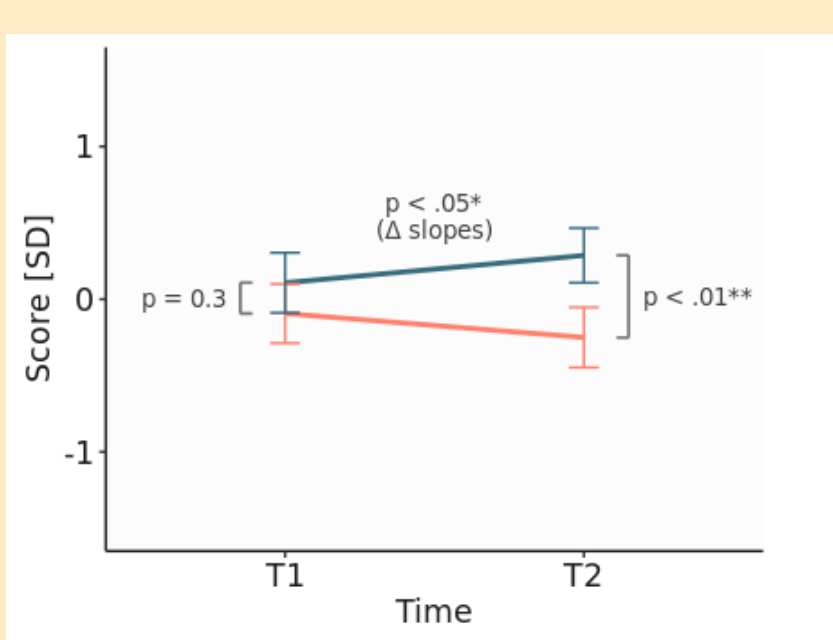
Mindfulness (FFA)

Depression Score (EPDS)

— Intervention Group   — Control Group

DISCUSSION

- study was carried through partly during pandemic COVID-19, which effected pregnant women's well-being in various ways
- sample was very homogeneous with middle-class, well educated women
- various measures showed baseline or ceiling effects
- obtaining measures at correct time point was difficult, especially after birth
- more interesting effects were detected concerning women with adverse life events, but need careful evaluation

References

Birner, C., & Grosse, G. (2021). Systematic Review on the Efficacy of Interventions for Fear of Childbirth, Anxiety and Fear in Pregnant Women. Journal of Pediatrics and Infants, 4(2), 66–90. https://doi.org/10.21203/rs.3.rs-223224/v1
Lukasse, M., Schei, B., & Ryding, E. L. (2014). Prevalence and associated factors of fear of childbirth in six European countries. Sexual & Reproductive Healthcare, 5(3), 99–106. https://doi.org/10.1016/j.srhc.2014.06.007
Lyberg, A., Dahl, B., Haruna, M., Takegata, M., & Severinsson, E. (2019). Links between patient safety and fear of childbirth-A meta-study of qualitative research. Nursing Open, 6(1), 18–29. https://doi.org/10.1002/nop2.186
Bakker, D., Kazantzis, N., Rickwood, D., & Rickard, N. (2016). Mental Health Smartphone Apps: Review and Evidence-Based Recommendations for Future Developments. JMIR Mental Health, 3(1), e7. https://doi.org/10.2196/mental.4984

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