The Effect of a Maternal Role Training Program on Maternal Identity in Primiparous Women with Unplanned Pregnancies

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Background: Primiparous women with unplanned pregnancies experience greater levels of anxiety that reduce their ability to perform their maternal role. The present study was conducted to determine the effect of a maternal role training program on maternal identity in primiparous women with unplanned pregnancies.

Methods: This clinical trial was conducted on 76 primiparous women with unplanned pregnancies visiting the health centers of Mashhad, who were randomly divided into an intervention and a control group. The intervention group received maternal role training based on Mercer’s Maternal Role Attainment Theory, and the control group received the routine pregnancy care. The study tools included London, Myself as Mother, My Baby, PCS, DASS-12, EPDS and General Perceptions of Infant Temperament Questionnaire. Maternal identity was measured before training and four weeks and four months after delivery. Data were analyzed using independent t-test, Chi-square test, paired t-test, Mann-Whitney’s test, One-Way ANOVA, Wilcoxon’s test and McNemar’s test.

Results: Four months after delivery, 82 women (82.8%) in the intervention group and 81 women (65%) in the control group had a successful maternal role attainment (P=0.003), and the odds of a successful maternal role attainment was 48.2 times higher in the intervention group compared to the control group (P=0.0039).

Discussion: The present findings showed that the maternal role training program improves maternal identity formation in primiparous women with unplanned pregnancies.

Conclusion: Since preparing pregnant women for the acceptance of their maternal role is a key responsibility of any midwife, midwives can help mothers through the process of maternal identity formation by teaching pregnant women, especially primiparous women, how to perform in their maternal role.
Maternal Behavior, Training Program, Unplanned Pregnancies, Psychological Adaptation

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