

Abstract

Original Article

Psychoprophylaxis, Labor Outcome and Breastfeeding

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Abstract

Background: Despite the widespread use of psychoprophylaxis, scientific assessment is rather scarce.

Aims: The purpose of this study was to assess the impact of psychoprophylaxis courses on childbirth outcome and its contribution to initiation of breastfeeding.

Methodology: This was a cross-sectional study. A representative sample of mothers who gave birth in two public and three private maternity hospitals in the city of Larissa, central Greece was used. The study population consisted of 200 mothers. Of them, 100 mothers (Sample 1) had attended psychoprophylaxis courses, while 100 mothers (Sample 2) had not attended any program relative to childbirth courses.

Results: The majority of the sample was aged 30-39 years old. Most women in the sample 1 were university graduates (66%), while in sample 2 most women were high school graduates (52%), a difference statistically significant ($p < 0.001$). Most women in sample 1 (60%) gave birth naturally, while most women (52%) in sample 2 underwent caesarian section ($p = 0.01$). A statistically significant association ($p < 0.05$) is depicted between attendance of psychoprophylaxis sessions and the following outcomes: breastfeeding program attendance, breastfeeding and information on human milk banks.

Conclusions: Psychoprophylaxis exert positive effects on labor and breastfeeding. The findings highlight the contribution of psychoprophylaxis to the care of pregnant women and the newborn.

Key words: labor, psychoprophylaxis, breastfeeding