

The effects of a childbirth preparation course on birth outcomes among nulliparous Jordanian women

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Abstract: Objective: This study aimed to examine the effectiveness of a childbirth preparation course on birth outcomes among nulliparous Jordanian women. Design: A randomized control trial pre-test/post-test design was used to assess the effects of a childbirth preparation course conducted in a military hospital in Amman , Jordan from 1 July to 15 September 2016. A total of 133 low-risk nulliparous women were recruited and randomly assigned to either (1) a control group who received standard care in antenatal clinics or (2) an intervention group who received standard care in antenatal clinics as well as a childbirth preparation course specifically designed for the purpose of this study. Data were collected at two different time points: at recruitment and within 24 to 48 h after giving birth. The chi-square test and independent sample t -test were used to compare birth outcomes. Participants: Low-risk nulliparous women in their third trimester of pregnancy attending antenatal clinics at King Hussein Medical Centre in Amman, the capital of Jordan. Measurements and findings: The childbirth preparation course had a positive effect on three birth outcomes. Specifically, more women in the intervention group than in the control group