


# Heterogeneity among women experiencing childbirth related fear or anxiety?

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## Childbirth related fear or anxiety

Prevalence: About 10-30% in the western countries (Haines et al., 2011; Lukasse et al., 2014, Nieminen et al., 2009; Nordeng et al., 2012; Ternström et al., 2015; Toohill et al., 2014)

Related to negative consequences, e.g.

- increased risk of negative birth experiences (Handelzalts et al., 2015; Larsson, et al., 2015)
- longer birth duration (Adams et al., 2012; Reck et al., 2013; Sydsjö et al., 2013)
- higher rates of elective Caesarean sections (Larsson et al., 2015; Ryding et al., 2015; Waldenstroem et al., 2006)
- avoidance, postponing or termination of pregnancies (Hofberg & Brockington, 2000; Melender, 2002; Saisto et al., 1999; Sydsjö et al., 2013; Tsui et al., 2007)

Further associated with

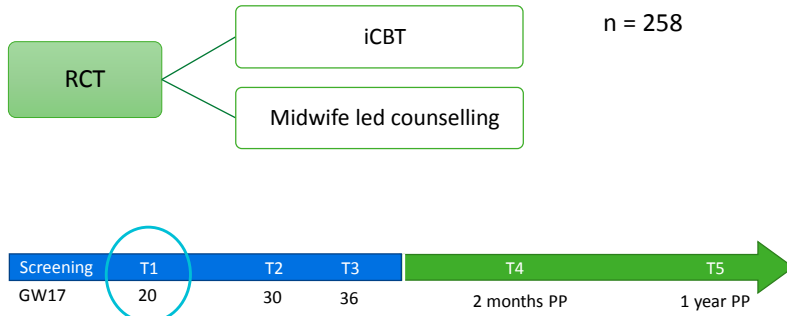
- symptoms of anxiety and depression (Laursen et al., 2008; Räisänen et al., 2014; Storksen et al., 2012)
- consumption of psychiatric care and psychotropic medication (Nordeng, et al., 2012; Rouhe et al., 2011)
- specific psychiatric diagnoses (Rouhe et al., 2011)

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## U-CARE: Pregnancy

Pregnant women reporting Fear of Birth (FOBS  $\geq 60$ )



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## The Fear of Birth Scale (FOBS)

How do you feel right now about the approaching birth?

Calm ————— X ————— Worried

No fear ————— X ————— Strong fear

Two 100 mm Visual Analogue Scales (VAS)  
Cut point: mean  $\geq 60$  mm

Haines, Pallant, Karlström, & Hildingsson, 2011  
Hildingsson, Haines, Karlström, Nystedt, 2017  
Ternström, Hildingsson, Haines, & Rubertsson, 2015

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## Aims and Methods

AIM: to investigate possible subgroups in a sample of pregnant women reporting childbirth related fear or anxiety

- A. The role of parity: Differences between Nulliparous and Parous women
- B. Subgroups based on Psychological Characteristics: Hierarchical and Non-hierarchical Cluster Analysis (Hair, Black, Babin & Anderson, 2014)

## Measures

Demographics

Obstetric history

Previous/current mental disorder

Previous trauma and Previous negative experiences in health care

FOBS	Fear of Birth Scale (Haines et al., 2011)
PBSE	Performance Based Self-Esteem (Hallsten et al., 2005)
PCS	Pain Catastrophizing Scale (Sullivan et al., 1995)
IPSA/IPSAV	Injection and Phobia Scale – Anxiety and Avoidance (Öst et al., 1992)
PSS-SR	PTSD Symptom Scale (Foa et al., 1993; Hembree et al., 2002)
HADS	Hospital Anxiety and Depression Scale (Zigmond & Snaith, 1983)
EPDS	The Edinburgh Postnatal Depression Scale (Cox et al., 1987)

## Results and Discussion

This is a work in progress. We hope to publish our results shortly.