

Abstract

Original Article

Anxiety, Depression and Coping with Stress Styles of Pregnant Women with Preterm Labor Risk

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Abstract

Purpose: This study was conducted in order to determine anxiety, depression level and stress coping methods of pregnant women who have preterm labor risk.

Method: Study, which was conducted in definitive and cross-sectional design, had its sample between 01 December 2012- 30 December 2013 dates, 255 pregnant women who stay in a public hospital as a result of preterm labor risk diagnosis. Research data was gathered with Individual Identification Form, Beck Anxiety Inventory (BAI), Edinburgh Postnatal Depression Scale (EPDS) and Scale of Coping with Stress (SCS).

Findings: It was determined that total point average of BAI of pregnant is $21,71 \pm 8,27$ and 35.1 % of them are going through high level anxiety. 69,8% of pregnant are in risk of depression, and it was seen that factors such as age and pregnancy, affecting depression risk levels of pregnant women. When pregnant women's Scale of Coping with Stress sub dimensions and some variables relationship, confident approach, optimistic approach to themselves sub dimension point averages were found meaningfully high in pregnant women who are 35 years old and older, in contrast in pregnant women who are 34 years old and younger, unconfident approach to themselves sub dimension point average was found meaningfully high.

Result: As a result, it was determined that 35 years old and older multipara women whose pregnancy planned, use active coping methods, which is a sub dimension of SCS scale, more than others and in the pregnant women who have high education level, it was determined their depression level was meaningfully low.

Key Words: Preterm Labor, Pregnancy, Anxiety, Depression, Style of Coping with Stress.