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Comparison of Anxiety, Depression and Birth Satisfaction of Pregnant Women According to Traumatic Birth Perception Level

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Statement of the Problem: A woman's perception of childbirth as traumatic may negatively affect her emotional state, her relationship with her husband and family may deteriorate, and the incidence of depression may increase. It is important to determine the factors associated with the perception of traumatic birth, due to the problems caused by the perception of traumatic birth in women, their babies and their families, the increase in cesarean section rates, and the burdens they bring to the country's economy. Therefore, in our study, anxiety, depression and birth satisfaction of pregnant women were compared according to traumatic birth perception levels. **Methodology & Theoretical Orientation:** This descriptive, cross-sectional study was conducted in a city hospital in Turkey between December 2020 and June 2021. 427 voluntarily participated in the study. Data were collected in two stages, during pregnancy and at the end of delivery. Personal Information Form, Traumatic Birth Perception Scale, Beck Anxiety Inventory, Edinburgh Postpartum Depression Scale, and Birth Satisfaction Scale short form were used to collect data. **Findings:** In the study, the mean TCPS score of the pregnant women was 69.06 ± 27.66 ; Those with low perception of traumatic birth had minimal anxiety and depression, and those with moderate and high perception of traumatic birth had lower birth satisfaction. **Conclusion & Significance:** In our study, it was determined that those with a high level of traumatic birth perception experienced depression and anxiety. For this reason, midwives working in primary health care services can contribute to the quality of the health service in the institution and the health of the pregnant, family and newborn, if they determine the anxiety and depression that will be caused by the perception of traumatic birth experienced by pregnant women.

Biography

Sümeyye BARUT has a Lecturer in midwifery from Firat University. She is working as a fulltime lecturer at midwifery department in Firat University Faculty of Health Sciences.

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