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The effect of Fordyce cognitive-behavioral happiness training on general health of primiparous women

Ameneh safarzadeh, Elahe Mohamadi Sadegh, Nasrin Rezaei and Mahnaz Shahrkipour
Zahedan University of Medical Sciences, Iran

Background: Serious physiological and psychological changes may be accompanied during pregnancy. Antenatal education reveals numerous effects on women's general health. It is important to survey interventions being used to educate primiparous women about their general health during this time. So, this study was conducted to determine the effect of the Fordyce cognitive-behavioral happiness training on pregnant women's general health.

Methods: This quasi-experimental study with the pretest-posttest design was performed on 74 primiparous women referred to Zahedan Health Centers in 2015. The subjects were selected through random convenient sampling method and divided into 2 groups of intervention and control. Data was collected using standard Goldberg general health questionnaire (28-GHQ). After 6 weeks training, the GHQ was completed by groups. The data was analyzed using descriptive statistics, chi-square test, independent t-test, paired t-test and covariance analysis of SPSS software version 16.

Results: Total means of the score of the general health of the experimental group and the control group before the intervention was (19.89±7.63) and (19.94±7.90), respectively; and after the intervention, the respective scores were (17.78±5.50) and (21.64±7.21). Although after the intervention control groups showed a significant decreased level of general health, the difference in general health between both groups after the intervention was significant in the experimental group (P <0.05).

Conclusion: Our results showed the effectiveness of the Fordyce cognitive-behavioral happiness training on pregnant women's general health. It is recommended that this educational method is used in the routine prenatal training programs by healthcare professionals.

Biography

Ameneh safarzadeh has completed her Master's degree from Isfahan University of Medical Sciences, Isfahan, Iran. She is the Faculty Member in Midwifery Department at Pregnancy Health Research Center, Zahedan University of Medical Sciences, Iran. She has published more than 16 papers in reputed journals and has been serving as an Editorial Board Member of *Austin journal pain and relief*.

safarzadeh40@yahoo.com

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