German Version of the Childbirth Self-Efficacy Inventory and its Short Form

Background: The Childbirth Self-Efficacy Inventory (CBSEI) is an instrument that measures women’s perceived self-efficacy towards labour. Self-efficacy describes the personal conviction to master important and difficult requirements. People with high self-efficacy are better able to cope with difficult tasks [1]. In the CBSEI women rate how helpful certain behaviours like breathing or relaxation during childbirth can be (outcome-expectancy) and they indicate how confident they are that they can apply these strategies themselves (perceived self-efficacy) [2]. A long and a short form of the CBSEI exist. The former is used in nine countries (USA, Australia, Hong Kong, Sweden, Ireland, Iran, Spain, Jordan and Thailand) [2–10]. The instrument consists of 62 items and 4 scales. Items pertain to the first and second stages of labour. The short form (32 items, two scales) [11–14] has been administered in Hong Kong, Tanzania, Mainland China and Iran; items only pertain to the second stage. German versions of the long and the short form of the CBSEI have not been developed thus far.

Methods: A forward-backward translation was performed, followed by administration of both versions to a sample of 155 participants of antenatal classes in a town in Northern Germany. Women answered questions regarding their medical history and user-friendliness of the CBSEI items. 80 respondents completed the CBSEI, 75 the short form. Reliability via Cronbach alpha was calculated for the subscales of the CBSEI and for the short form. Construct validity was assessed for the two scales of the short form because all women (n = 155) completed this instrument.

Results: First-time mothers experienced less confidence in their ability to cope with birth compared to multiparous women (mean scores CBSEI 394 vs. 415.3, mean scores short form 193.8 vs. 204). Two Cronbach alpha values were greater than 0.74 (adequate), the others greater than 0.80 (good). 75% of the factor loadings of the short form were above ≥0.5. The short form (n = 75) showed an association between educational level and perceived self-efficacy. Women with lower education had higher mean values than those with higher education (p = 0.01). Results in the area of user-friendliness favoured the short over the long form [16].

Conclusion: The German version is a useful instrument that may improve advice and counselling during prenatal care in Germany.

References