Anxiety of pregnant women with prior miscarriage before and after prenatal diagnosis

Original title: Angst der Schwangeren vor und nach der Pränataldiagnostik nach vorausgegangener Fehlgeburt

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**Purpose:** Aim of the investigation is to assess the anxiety in pregnant women with prior miscarriage and without prior miscarriage before and after prenatal testing for congenital anomalies.

**Material and Methods:** A sampling is carried of 50 pregnant women with prior miscarriage and 224 pregnant women without prior miscarriage between the 11th and 22nd week of gestation who are presenting at the tertiary referral center for the first time in order to detect any fetal anomalies. I study state and trait anxiety levels (Spielberger) before and state anxiety after prenatal diagnosis. Trait anxiety refers to the general tendency of an individual to be anxious, whereas state anxiety refers to the anxiety level of an individual at a given moment. Both measurements include 20 items, the score for each item ranging from 1 to 4, with the higher scores indicating greater anxiety. Thus, total scores range from 20 to 80.

Data processing and evaluation were carried out with the SPSS Version 18.0.

**Results:** Prior to the prenatal examination (**Fig. 1**), women with prior miscarriage report more state anxiety symptoms than women without miscarriage (t-test, p-value 0.035), but not more trait anxiety (t-test, p-value 0.794). After prenatal examination (**Fig. 2**) no differ in state anxiety scale between pregnant women with prior miscarriage and pregnant women without prior miscarriage (t-test, p-value 0.909).

**Conclusion:** The study suggests that miscarriages may lead to higher levels of state anxiety before prenatal diagnosis. Gynaecologists and prenatal experts should be pay attention and response the fear actively during prenatal examination and after prenatal examination. Anxiety may have negative consequences for obstetric outcomes, parenting and infant behaviors.

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