

Comparison of short abdominal skin to skin and Kangaroo contact after birth on state and trait anxiety

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Abstract

Background & Aim: Anxiety disorders are the most common mental disorders in the postpartum period. Few studies have been done about the impact of kangaroo skin contact on maternal anxiety. The aim of this study was to compare the effect of short abdominal skin-to-skin and Kangaroo skin contact between mother and newborn on mother's anxiety.

Methods: This single-blind clinical trial was accomplished on 68 qualified pregnant women, in Torbat Heydariyeh in 1394. The women were randomly divided into two groups Experimental (Kangaroo skin contact) and control (abdominal skin contact). A questionnaire about demographics, fertility, medical, information about stage 1, 2 and 3 of labor, Mother and infant's Information and STAI: Speilberger State-Trait Anxiety inventory were completed for the two groups after delivery. After encoding, the data were analyzed with SPSS software version 20, Mann-Whitney tests, t, chi-square and $0/05 > p$ was considered significant.

Results: There was no significant difference in maternal State ($p= 0.58$) and Trait ($p=0.63$) anxiety between short kangaroo contact skin group and abdominal skin contact group, 2 months after birth. However, it was found that anxiety in the short kangaroo care group was much lower than that in the skin-to-skin group ($P=0.04$).

Conclusion: The effect of short Kangaroo skin contact on maternal anxiety was similar to abdominal skin contact.

Key Words: Abdominal skin contact, Kangaroo skin contact, maternal anxiety