

# ***The Effect of Neonatal Care Training on Anxiety in Mothers of Premature Infants***

***Ghodrati A\*<sup>1</sup>, Abbaspour S<sup>2</sup>, Hassanzadeh M<sup>3</sup>, Erami E<sup>4</sup>, Zandi Z<sup>5</sup>***

*1-MSc of nursing, Faculty Member of Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran*

*\*Corresponding Authors: MSc of nursing, Faculty Member of Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran*

## **Abstract**

**Background and Aims:** Premature baby mothers are more anxious than other parents. High levels of anxiety change the interactions between mother and baby and have negative consequences which cause anxiety disorders and cause their parents to fail to play their roles well. This anxiety can be effective on the growth of baby. Therefore, this study was conducted to control their anxiety and to provide training for them.

**Materials and Methods:** This study was a clinical trial study (code: 18035N1) on 50 primiparous mothers with premature infants at Nohom Dey Hospital of Torbat Heydariyeh. The simple random method assigned to experimental and control groups. The tool was Spielberger anxiety questioner. One day after being admitted to the newborn, neonatal care, was given to intervention group in 45 to 60 minutes. Mothers' level of anxiety was collected two times, 24 hours after admission (pretest) and at discharge from the neonatal unit (post-test) and the results were analyzed through chi-square and t-test.

**Results:** In demographic variables there was no significant difference between the two groups ( $p < 0/005$ ). Before the intervention, the mean anxiety scores in intervention group and control group were  $63/67 \pm 8/32$  and  $58/17 \pm 10/03$ , respectively. There was no significant difference ( $p = 0/431$ ) while the mean anxiety scores after the intervention in intervention group and control group were  $29/41 \pm 9/06$  and  $67/15 \pm 12/3$  ( $p = 0/002$ ), respectively.

**Conclusion:** The present study showed that infant care training reduces anxiety in mothers of preterm infants, so this strategy can be applied by the authorities to reduce the consequences of the problem caused by this anxiety for mother and baby.

**Keywords:** Educations of Cares; Mothers' Anxiety; Neonatal Period; Premature Infants