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| Project Title: | Pregnancy Specific Anxiety Scale (PSAS): Instrument Development and Psychometric Testing |
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| Research Institution: | University of British Columbia |
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| Keywords: | INSTRUMENT DEVELOPMENT; PREGNANCY ANXIETY; PRENATAL CARE |
| Abstract: | There is a well-identified need in the literature to develop a reliable tool to measure anxiety specific to pregnancy to identify women suffering from this condition. The purpose of this study is to address this gap by developing a valid tool. A detailed understanding of pregnancy anxiety is essential for tool development. Thus, we conducted a comprehensive review on previous research to define anxiety and its characteristics during pregnancy. We also conducted several interviews with pregnant women during different stages of pregnancy to supplement these findings. In this project, building on this knowledge, the initial structure of the tool and its items will be developed. A group of experts will review the items to examine their clarity and readability; the degree of agreement among the experts will be tested to determine the need for further revisions. Next, a small group of pregnant women will complete the new scale to evaluate its clarity and consistency. Then the performance characteristics of the new tool will be further evaluated using standard scale assessment protocol among two separate large samples. Identifying and managing anxiety during pregnancy is important because women with high levels of anxiety are at increased risk for alcohol consumption, having premature births, and experiencing depression after giving birth. Additionally their children may develop behavioral and mental health problems later in their life due to this early anxiety. Identifying women with anxiety during pregnancy and referring them to appropriate services can improve pregnancy postpartum and child outcomes and enhance the quality of life for women and their families. |