Title: Stress and Coping Strategies among Pregnant Women attending Antenatal Clinic of a Teaching Hospital in eastern Nepal

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Aim: The study objective is to find out the stress and coping strategies among pregnant women attending antenatal clinic.

Methods: A descriptive, cross-sectional research design was used for the study. The sample was taken from an antenatal outpatient department of Nobel Medical College Teaching Hospital. A total of 300 pregnant women was selected by using non-probability consecutive sampling technique. Data was collected by using standard tool, Pregnancy Stress Rating Scale (PSRS) and Brief Cope. Data analysis was done by descriptive and inferential statistics.

Results: The study revealed that 40.7% of the respondents experienced a high level of stress and 84.0% of respondents had used adequate coping strategies where "self-distraction" was the most used coping strategy by the respondents with a mean score (2.99±.56). Stress and coping strategies had positive mild correlation (r=0.040).

Conclusions: More than one-third of the respondents had experienced a high level stress and the majority of the respondents had used adaptive coping strategies. Hence, health care providers should give due attention to the screening of stress and proper counseling from the first trimester so that the likelihood of pregnancy- specific perceived stress will be reduced which in turn reduces the adverse stress related outcomes. As well as the different methods of coping strategies during pregnancy should be expanded as per the best available evidence to lower stress and other adverse outcomes of stress.

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Biography

Nursing postgraduate specialized in Obstetrics and Gynecology (Midwifery) with 3.5 years of experience as a lecturer and since 8 months gaining experience as an Assistant Professor in nursing education, Student supervision and nursing program coordination. She has done her Masters in Nursing from Lalitpur Nursing campus, Kathmandu, Nepal. She also has more than 4 years of clinical experience as a staff nurse and nursing In charge in Emergency department and Intensive care Unit (ICU). Ms. Pratikshya has taught paramedical students, nursing students, supervised students and nurses in their quality improvement.

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