Abstract: Introduction & Objective: Cesarean delivery is more dangerous than normal delivery for mother and neonate. Unfortunately, to various reasons, the rate of cesarean delivery is rising. During recent years in most developed countries with using education and other interventions have tried to reduce the cesarean rate. But in our country despite all done efforts the cesarean rate is very high. The purpose of this study was determining the effectiveness of educational program related to persuasion women for Normal Vaginal Delivery (NVD) based on Theory of Planned Behavior (TPB) in Rasht.

Materials and Methods: This quasi experimental study carried out on 72 pregnant women (28-32 week) referred to health centers in spring and summer 2010 in Rasht. According to results of pilot study, 6 health centers as target group were studied. Then randomly from 3 Health centers 36 pregnant women as intervention group and from other 3 health centers 36 pregnant woman as control group were selected. After pretest, using a questionnaire in both groups, specific training was performed in the intervention group based on Theory of Planned Behavior. After training at the end of pregnancy, posttest was performed in both group and the results were analyzed by SPSS-13.

Results: The results showed that there were significant differences in the case of mean knowledge, evaluations behavioral outcome, attitude (p =0.000), perceived behavioral control, subjective norms, behavioral intention (p < 0.05) among pregnant women in both groups after training intervention. Also at the end of study, 15 pregnant women have had NVD, 8 elective CS in intervention group and 10 pregnant women have had NVD, 18 elective CS in control group. This difference was Significant in two groups (p < 0.05).

Conclusion: The results showed that maternal educations in field persuade to do normal delivery had been effective. Therefore designing and implementing training programs, consultative for persuade pregnant women to do Normal Delivery and decrease Cesarean Section based on Theory of Planned Behavior were suggested.

Normal delivery, Cesarean section, Pregnant women, Theory of Planned Behavior

Presentation: Poster