

The Effect of Midwifery Counseling Based on Gamble Approach on the Coping Strategies of Women with Abortion: A Randomized Controlled Clinical Trial

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Abstract : The trauma resulting from abortion causes fear, frustration, inability, lack of self-confidence, and psychological distress in women. The present study was conducted to determine the effect of midwifery counseling based on the Gamble approach on coping strategies of women with abortion. This randomized controlled clinical trial was conducted on women with abortions in April-October 2021, Karaj, Iran. Ninety-six eligible women were randomly assigned to two 48-member groups with 4, 6, and 8 blocks. The women in the intervention group participated in two 45-75-minute Gamble counseling programs. They were asked to fill out the demographic and fertility information questionnaire before the intervention and the cope operations preference inquiry questionnaire before, immediately (in the 4-6th week of the study), and three months after the intervention. The analysis of the data was done through Chi-square, independent sample t-test. The significance level was considered $P < 0.05$. The results showed that the differences between the two groups before the intervention were not statistically significant in terms of demographic and fertility variables ($P > 0.05$). However, the total mean score of the problem-focused dimension in 3-month post-abortion ($97/34 \pm 8/69$) and the emotion-focused dimension in 4-6 weeks and 3-month post-abortion ($34/14 \pm 3/48$ and $32/41 \pm 3/41$) in the intervention group was significantly different from the control group ($P < 0.001$). According to the results of the repeated measures ANOVA, the level of coping and its dimensions significantly changed in the intervention group over time ($P < 0.001$). The results of the present study showed that Gamble counseling promoted the problem-focused dimension score and reduced the emotion-focused dimension score in women with abortion. It is recommended that Gamble counseling should be used as midwife-led counseling to increase coping strategies and reduce the psychological distress of women who have experienced abortion.

Keywords : midwife-led counseling, coping strategies, post-abortion, psychological distress, Iran

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