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WIRANUCH MITRARATH: THE EFFECT OF HEALTH COUNSELING ON ANXIETY OF THALASSEMIA-CARRIER PREGNANT WOMEN. THESIS ASVISORS:

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The purpose of this quasi-experimental research was to study the effect of health counseling on anxiety of thalassemia-carrier pregnant women. Lazarus and Folkman's stress theory was used as the conceptual framework for this study. Based on the protection of human subjects, the purposive sample was composed of 60 pregnant women who attended the antenatal care unit of Obstetrics Department, Chonburi Hospital during September 1999 - May 2000 and whose blood test results showed thalassemia-carrier. First 30 pregnant women were in the control group, who received the screening program for thalassemia-carrier at Chonburi Hospital. The latter 30 pregnant women were the experimental group, who received health counseling in addition to the same protocol as the control group. Anxiety of both groups were measured twice using Spielberger's State Anxiety Inventory. The first anxiety test was taken after knowing blood test results. The second test for the control group was taken after receiving genetic counseling by a physician, and for experimental group was taken after having received the third health counseling by the researcher. Data were analyzed with SPSS/FW program.

The result showed that anxiety score was statistically significantly lower in the experimental group than in the control group. ($P < 0.001$)

As a result of this study, it is recommended that the nursing plan for health counseling thalassemia-carrier pregnant women be constructed with the consideration of the anxiety level and the demands of health of these patients.