

The effect of counseling with BELIFE approach on the stresses of pregnant women caused by Covid 19 pandemic

Azita Tiznobaik¹, Hamideh Moosavi khosravi^{2*}, Soodabeh Aghababaii³, Farideh Kazemi⁴,
Shahnaz Kohan⁵

1- Department of Midwifery and Reproductive Health, Mother and Child Care Research Center, School of Nursing and Midwifery, Hamadan University of Medical Sciences, Hamadan, Iran

2- Department of Midwifery and Reproductive Health, School of Nursing and Midwifery, Hamadan University of Medical Sciences, Hamadan, Iran

3- Department of Maternal and Child Health, Mother and Child Care Research Center, School of Nursing and Midwifery, Hamadan University of Medical Sciences, Hamadan, Iran

4- Department of Midwifery and Reproductive Health, Mother and Child Care Research Center, School of Nursing and Midwifery, Hamadan University of Medical Sciences, Hamadan, Iran

5- Department of Midwifery and Reproductive Health, School of Nursing and Midwifery Reproductive Sciences and Sexual Health Research Center, Isfahan University of Medical Sciences, Isfahan, Iran

Abstract

Background: Pregnancy is one of the most important and enjoyable periods of life and at the same time a sensitive period in women's lives that can expose women to inappropriate physical, psychological and social conditions. These large changes in pregnant women can be associated with increased stress and stress in them. Currently, the stressful conditions created by the Covid 19 pandemic are a threat to health, especially in vulnerable groups, including pregnant women. Since the study of stress in women during pregnancy in midwifery is of particular importance because of its adverse effects on pregnancy outcomes and increased cesarean section, the aim of