PSYCHOLOGICAL SCREENING DIAGNOSIS
OF THREAT OF FIRST PREGNANCY
MISCARRIAGE

O. Borovyk
Taras Shevchenko National University of Kyiv,
60, Volodymyrska Str., Kyiv 01601 Ukraine
borovyk.aleksandra@ukr.net

Abstract. The article “Psychological screening diagnosis of threat of first pregnancy miscarriage” is devoted
to the presentation of the program of psychological screening diagnosis in dealing with women of all ages
with a threat of first pregnancy miscarriage. In this article you will find results of research and
recommendations about procedure for psychological screening diagnosis program. Our aim was to create the
most suitable mechanism of psychological help for each particular woman in a situation of the threat of first
pregnancy miscarriage. This article will be useful for psychology faculty students, professional psychologists
and researchers in the field of perinatal psychology and psychology of motherhood, maternity health care
workers in hospitals and antenatal clinics.

Keywords: women psychology, perinatal psychology, age psychology, psychological screening diagnosis,
pregnancy, threat of pregnancy miscarriage, unborn child, I, research, women aged 20-25 years, women aged
26-30 years, women aged 31-40 years.

Women who experience the threat of pregnancy miscarriage often encounter this situation without
adequate support and understanding from their family, medical professionals, social environment. Under
pressure from various information sources and the social environment they are in a constant state of stress.
Such atmosphere of pregnancy, especially the first pregnancy, which in itself is stressful, has a rather negative
effect on the women psychological state at any age. The threat of miscarriage – is a threat of spontaneous
abortion at different terms of pregnancy, from the moment of fertilization to 37 weeks of pregnancy. The
situation with pregnancy miscarriage in Ukraine stands today rather acute.

Our research was directed to identify the women characteristics while they experience the threat of first
pregnancy miscarriage. The obtained data were compared with the control group, which were women in the
same age group, however, their pregnancy proceeded without complications. Our work was conducted on the
basis of Women consult center of Pechersk district Municipal Non Profit Enterprise "Consultative-diagnostic
center", Kyiv in 2012.

Participants
In the research participated 180 women of different ages and at the time of the study had the first
pregnancy. All women were divided into three age groups: age group number 1 - 20 - 25 years; age group
number 2 - 26 - 30 years; age group number 3 - 31 - 40 years. The experimental groups consisted of women
who at the time of the survey have experienced the threat of first pregnancy miscarriage, and were divided by
age groups, respectively. In the control groups were women who at the time of the survey had a pregnancy
without complications. Total number of groups is 6. Each group consisted of 30 respondents.

Results of our work allowed us to propose the program of screening diagnosis to identify the
psychological characteristics of women with the threat of first pregnancy miscarriage, in order to facilitate
their further correction in accordance with the age and individual characteristics.

Procedure
The program of psychological screening diagnosis includes the following steps:
1. Questionnaire
2. Projective technique "Man in the Rain"
3. The color preference personality test by A.M. Etkind
4. Interview.
In the questionnaire, we collected the basic information about women - name, age, existence of previous pregnancies, the term of the pregnancy, family status and contact information for further communication.

Next step was a projective technique "Man in the Rain". This technique was performed without modification, but there should be paid attention to the fact that under the stress factor, which appears in the projective technique as “the rain”, we meant a stressful situation of pregnancy miscarriage.

The procedure for Etkind color test was also unchanged. Definitions used in this procedure were related to the situation in a woman's life, it had given us the opportunity to obtain information about the emotional coloration of pregnancy-related concepts. We have identified four concepts for data collection - "pregnancy", "unborn child", "I", "threat of pregnancy miscarriage."

The final step in the program of psychological screening was an interview. The interview was conducted in a free form, in a comfortable atmosphere for woman. By free conversation we refined the data of the questionnaire and techniques to plan further individual correctional work. It was important to confirm or deny the existence of previous pregnancies, to clarify if the pregnancy is wanted, situation of women social environment and overall mood.

Results

We present the conclusions of the data of our research for each age group, these findings may become a guideline for conduct and analysis of psychological screening diagnosis.

Women aged 20-25 years, with the acquisition of the status of “pregnancy miscarriage” experienced some protest and desire to increase the activity, despite the prohibitions of doctors. With increasing gestational age they feel the improvement of health, because their health allows them to carry a pregnancy easier. The unborn child is not the priority plan for this age group. Protective mechanisms start working actively. Age and gender tendencies identified on the male type. Anxiety and uncertainness are present in greater manifestations. However, there is also infantile position and distrust of themselves. Women experiencing the threat of first pregnancy miscarriage are feeling less emotional coloring of all three concepts: pregnancy, the unborn child, myself. They defined these concepts green and brown colors and the level of data evaluation colors is low. All this indicates the presence of voltage, the desire to act, but the lack of power in the specific accomplishments and the overall picture of the emotional background is reduced as compared with women who have a pregnancy without complications.

Women aged 26-30 years, acquire the status “pregnancy miscarriage” at a later gestational age, the present statistical data confirms frequency of the threat of pregnancy miscarriage after 20 weeks. In this age group there is a physiological factor of influence. For women after 25 years increases the risk of various diseases, the overall picture of health reduces and pregnancy is more difficult than for women up to 25 years. However, the child in this age group is already preferable therefore with increasing of gestational age improves mood and health. They have a clear focus on this particular moment. Protective mechanisms and reactions on different gender types were turned; anxiety and uncertainty with the acquisition of the status “pregnancy miscarriage” increased. Often there are no protective measures, therefore, protect mechanisms are not clear. In their drawings were listed skipping parts of body, it indicates a problem with health. The concept "pregnancy" was associated with the blue color, but had low rating. Women experiencing the threat of pregnancy miscarriage associated “the unborn child” with something active, efficient, something that requires a lot of effort, and evaluated this concept quite low - 70% of respondents chose the scores from 0 to 4 points. Women with different status in this age group have very varied attitude toward themselves. We observed a decrease in the mood and inherent alienation in results of women with threat of pregnancy miscarriage.

Women aged 31-40 years old with the first pregnancy, were going through the threat of pregnancy miscarriage very negative, it was expressed in the reduction of health, activity and mood and were explained by the value of pregnancy in this age group. Women responsible position of in this age group in relation to their own first pregnancy, the presence of age-related physiological aspects of chronic diseases and complications due to the aging of the body, affect the condition of the pregnant woman and forced to reduce the activity of life (back pain, swelling of the extremities, etc..). In general, the situation was not critical. The results showed us uncertainty, anxiety, focus on the present moment, response mechanisms in women of this age group by gender normal type of protection, the desire to be more secure, but there are no clear mechanisms for its acquisition. The concept "pregnancy" was associated with the yellow color and its low estimate. For the concept "unborn child" were chosen green with low valuations. The concept "I" was underestimated and color selection purple.
Discussion

As a result of the program of psychological screening for we get a plan of correctional work, in which we rely on the age and the individual characteristics of a particular woman.

These techniques of psychological screening diagnosis revealed consistent and significant correlations between the studied parameters and the greatest difference between the age groups. We propose to introduce these techniques as mandatory testing for women in the determining step in hospitals with a diagnosis of the threat of miscarriage. This practice will help to identify the psychological characteristics to further prevent, by means of correction for women of all ages.

References