THE CFQ: A NEW MEASURE OF FEAR OF CHILDBIRTH

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Island Health Research & Capacity Building

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BC Support Unit

P2P AWARDS | Pathway to Patient-Oriented Research

WINNERS ANNOUNCED

island health

UBC

FEAR OF CHILDBIRTH

FEAR OF CHILDBIRTH

- Pregnancy
  - Avoidance
  - Termination

- Increased
  - Pain during childbirth
  - Length of labour

- Increased risk of
  - Emergency CS
  - Postpartum depression
  - Posttraumatic stress

- ↘ mother-infant bonding

- Strong desire for either
  - VAGINAL
  - CESAREAN

- Increased
  - Parenting stress

PREVALENCE

- Should be established using diagnostic interviews

- 20-30% of women may be affected

- Prevalence studies questionnaire-based
  - 7.5% to 15.6% pregnant women
  - 9.8% in our sample

- Specific phobia, FoB
  - 2.5% nulliparas
  - 4.5% multiparas

EXISTING MEASURES

OVERVIEW	W-DEQ

OVERVIEW

- Current FoB assessment
  - ~ 10 measures
  - Range from 1-64 items

- Limitations
  - Some domains = 1-2 items only
  - Include non-fear related items
  - Subpopulation specific

W-DEQ

- Most common measure

- Good psychometrics

- Limitations
  - **Excludes some fears**
    - Pain
    - Sexual functioning
    - Embarrassment
  - **Includes non-fear**
    - Happy
    - Strong
    - Lonely

OBJECTIVES

Develop a measure of FoB to…

- Overcome limitations of existing measures

- Identify women experiencing clinically significant (i.e., diagnosable) levels of fear

- Assess full spectrum of women's childbirth fears

- Identify targets for treatment

- Use with women who are fearful of
  - VAGINAL, or
  - CESAREAN birth

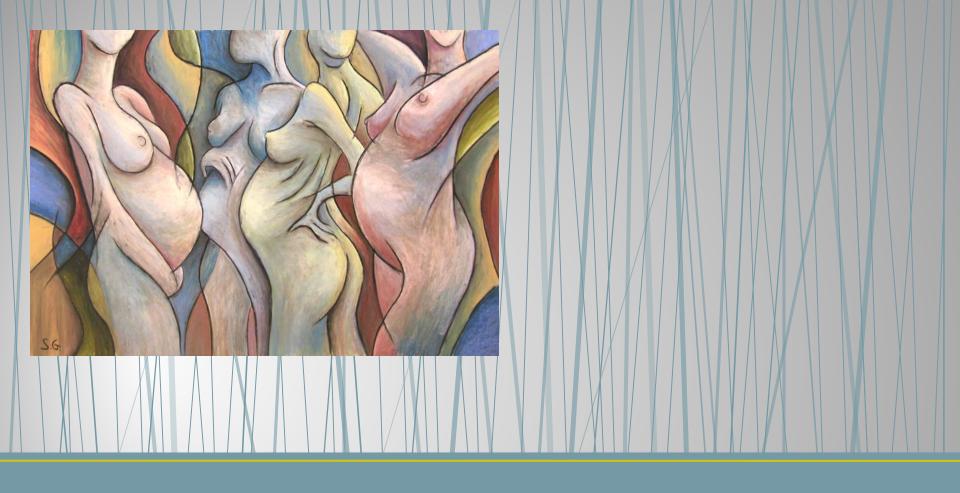# The Childbirth Fear Questionnaire (CFQ)

CFQ DEVELOPMENT

ITEM SELECTION

- Researchers from psychology, midwifery, & nursing
- Team reviewed items for wording / inclusion
- Multiple items / fear domain
- Approximate diagnostic measure

FEAR DOMAINS

- Embarrassment
- Physical safety
- Bodily changes
- Sexual functioning
- Medical interventions
- Pain
- Pain medication
- Mode of delivery

CFQ PSYCHOMETRIC DEVELOPMENT

STUDY METHODS

INITIAL SCALE

- Likert-type scale
  - 0 (not at all) to
  - 4 (extremely)
- 49 initial items
- 7-item interference scale

DESIGN

- Cross-sectional
- Online survey
- Recruited online
- Inclusion Criteria
  - English-speaking
  - Pregnant & 18+
  - Resident of English language country

MEASURES

BACKGROUND

- Demographic information
- Birth history
  - Mode of delivery
  - Traumatic births
- Current pregnancy
  - Mode of conception
  - Pregnancy complications
  - Number of babies
- Care provider preference
- Location of birth preference

OTHER

Wijma Delivery Expectancy Questionnaire (W-DEQ-A)
- 33-item measure of FoB
- Most commonly used

Edinburgh Postnatal Depression Scale (EPDS)
- 10-item self-report measure of pre and postnatal depression

Mutilation Questionnaire (MQ)
- 30-item self-report measure of blood and injury fears

PARTICIPANTS (n = 643)

DEMOGRAPHICS	
Married / cohabitating	93%
Some postsecondary	86%
Location of residence	
Canada	64%
United States	31%
United Kingdom	3%
Caucasian	93%

REPRODUCTIVE HISTORY	
Prior Births	76%
Vaginal	81%
Cesarean	26%
Pregnancy loss < 20 weeks	30%
Pregnancy loss > 20 weeks	2%

FACTOR ANAYSIS

- Exploratory factor analysis

- Produced
  - 40-item questionnaire
  - 9 factors

- Model
  - Was supported by a MAP test
  - Exhibited reasonable model fit
  - Good simple structure
  - Factors were readily interpretable.
  - Evidence of invariance between parity and nationality groups

FINAL 9 FACTORS

FEAR OF…

- SEX: Loss of sexual pleasure/attractiveness
- PAIN: Pain from a vaginal birth
- INTERVENTIONS: Medical interventions
- SHY: Embarrassment
- HARM: Harm to baby
- DEATH: Mom and baby dying
- CESAREAN: Cesarean birth
- MEDICATION: Insufficient pain medication
- BODY DAMAGE: Body damage from a vaginal birth

PSYCHOMETRIC PROPERTIES

- Good reliability
  - Alpha coefficients 0.76 – 0.94

- Highest mean scores
  - Harm to infant
  - Cesarean birth

- Lowest mean scores
  - Loss of sexual pleasure/attractiveness
  - Embarrassment
  - Insufficient pain medication

- Good convergent/discriminant validity

CONVERGENT / DISCIRIMINANT VALIDITY

CFQ COMPARED TO…	FINDINGS

CFQ COMPARED TO…

- Another measure of FoB
  - W-DEQ-A

- Depressed mood
  - EPDS

- Blood, injury, injection fears
  - MQ

FINDINGS

- CFQ with W-DEQ full
  - CFQ-W-DEQ >
    - CFQ-MQ
    - Not CFQ-EPDS

- CFQ with W-DEQ fear
  - CFQ-W-DEQ >
    - CFQ-MQ
    - CFQ-EPDS

BIRTH PREFERENCES

- Compared those with ≥ strong preference for
  - VAGINAL
  - CESAREAN

- Prefer
  - VAGINAL = 83.8%
  - CESAREAN = 5.1%

- Prefer Cesarean
  - HIGHER fear of…
    - PAIN (from vaginal birth)
    - HARM
    - DEATH
    - INSUFFICIENT PAIN MEDICATION
  - LOWER fear of…
    - CESAREAN
    - MEDICAL INTERVENTIONS

PARITY

- **Nullips and multips differed on**
  - 6 of 9 CFQ subscales
  - CFQ Total Score

- **Fear of…**
  - Loss of sexual pleasure / attractiveness
  - Pain from a vaginal birth
  - Embarrassment
  - Harm to baby
  - Insufficient pain medication
  - Body damage from vaginal birth
  - CFQ Total scores

NATIONALITY & CUT SCORES
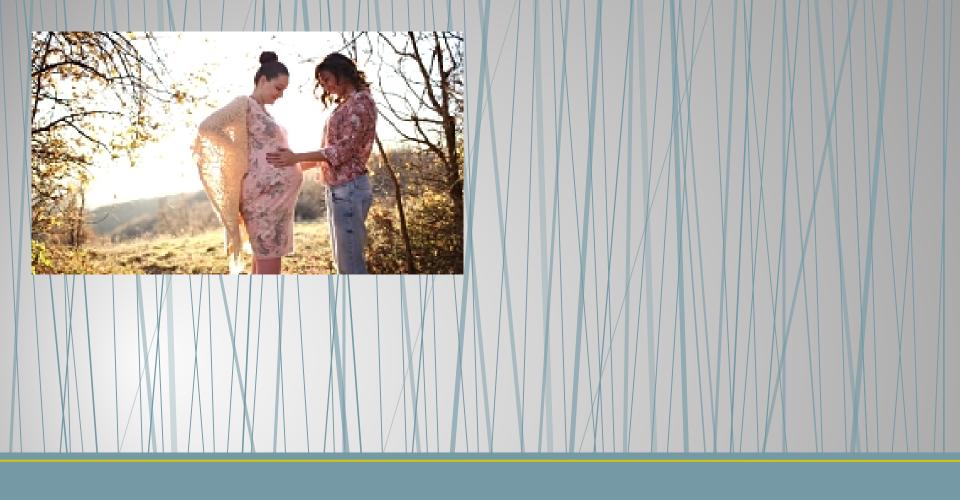
COUNTRY	CUT SCORES

- **US > Canadian on fear of…**
  - Medical interventions
  - Cesarean birth

- **SEVERE ≥ 105**
  - 90th percentile

- **MODERATE ≥ 83**
  - 75th percentile

CFQ DIAGNOSTIC STUDY

DIAGNOSTIC STUDY

PURPOSE

- Conduct a confirmatory factor analysis

- Assess CFQ as screening tool for specific phobia, FoB

- Require N = 700
  - > 700 participants recruited

DESIGN

- Cross-sectional design

- Administer
  - CFQ
  - Diagnostic interview for specific phobia
  - Additional questionnaires

TREATMENT STUDY

CBT FOR FEAR OF CHILDBIRTH

INTERVENTION

- Exposure based CBT

- Online

- Self-administered

- Midwife-supported

- Guided by CFQ content domains

PILOT PLANS

- Patient-led treatment development
  - Dr. Melanie O'Neill

- Focus groups of women

- Diagnostic assessments

- Pilot treatment

ID_____   Date: _____

Fear of Childbirth Questionnaire

Below is a list of a range of labour and childbirth situations that some women may find frightening. For each of the situations listed, please indicate how fearful you are. Please use the scale below as a guide:

Not at all	0	I am not at all afraid of this aspect of labour and delivery.
Slightly	1	I am a little bit afraid of this aspect of labour and delivery.
Moderately	2	I am quite afraid of this aspect of labour and delivery.
Very	3	I am very afraid of this aspect of labour and delivery.
Extremely	4	I'm extremely afraid of this aspect of labour and delivery.

SITUATION	FEAR				
How fearful are you of...	Not at all	Slightly	Moderately	Very	Extremely
1. Being harmed because of incompetent medical care?	0	1	2	3	4
2. Rectal tearing/damage as a consequence of labour/birth?	0	1	2	3	4
3. Dying during labour/birth?	0	1	2	3	4
4. Having general anesthetic?	0	1	2	3	4
5. Being administered injections?	0	1	2	3	4
6. The baby being damaged/handicapped as a consequence of labour/birth?	0	1	2	3	4
7. Other people seeing me naked during labour/birth?	0	1	2	3	4
8. Vaginal tearing during labour/birth?	0	1	2	3	4
9. The baby being harmed during labour/birth?	0	1	2	3	4
10. Baby being hurt by a medical intervention that takes place during labour/birth (e.g., vacuum, anesthetics)?	0	1	2	3	4
11. Not being able to have a cesarean birth, even though this is what I would prefer?	0	1	2	3	4
12. Stretching of my vagina from giving birth vaginally?	0	1	2	3	4
13. Enjoying sexual intercourse less because of stretching from a vaginal birth?	0	1	2	3	4