

Control of maternal anxiety regarding pre-term babies by ludic-graphical intervention

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This research studies the influence of a ludic-graphical intervention for control of maternal anxiety regarding pre-term hospitalized babies. It is a qualitative, exploratory and descriptive study, in which 30 mothers participated. Initially the gestational profile was evaluated; the emotional state was then measured by the Irritability-Depression-Anxiety Scale; and expectations with the baby, using the Neonatal Perception Inventory. 16 group interventions were performed, with graphical and ludic, sensory-motor, symbolic and rule activities, following the piagetian fundamentals. The outlined profile disclosed backgrounds of pregnancy risk. The scale indicated 75% of mothers with high anxiety and depression; nonetheless, the inventory presented positive expectations with the babies. The intervention was well accepted, with progressive motivation, relaxation, interaction, liberation of anxiogenic and distressing contents related to the imbalance between the expected baby and the real one, and the feeling of guilt and discomfort in dealing with a fragile baby, resulting in a less anxious motherly acceptance.

Keywords: Preterm baby, Play, Drawing, Maternal anxiety.