

Impact of Tailored Educational Program on Primigravida Anxiety and Knowledge Regarding Minor Discomforts in Upper Egypt

Background: Although minor discomforts are not life-threatening, nevertheless their presence detracts from the mother feeling of comfort and well-being as well as their negligence may lead to serious problems. In many instances, they can be managed by self-care measures or healthful practices ones can do. **Aim:** evaluate the impact of a tailored educational program on primigravida anxiety and knowledge regarding minor discomforts. **Subjects and Methods:** A quasi-experimental design was used with a purposive sample of 50 primigravida pregnant women, suffering from minor disorders of pregnancy attending to the outpatient antenatal care units affiliated to Beni-Suef Public Hospital in Beni-Suef city, Egypt. A structured-knowledge-questionnaire, Zung's-self-rating-anxiety-scale, and pre/post/retained-knowledge-assessment-sheet were used for data collection. **Result:** The majority of the participant women had poor knowledge with a marked increased severity level of self-rating-anxiety-scale regarding to minor discomfort of pregnancy. There were statistically significant relations between primigravida level of knowledge and their self-rating-anxiety-scale after the educational session and at follow up time compared to there before it (p-value <0.05). **Conclusion:** Designing and implementing an educational program about the studied subject indicated a significant effect in a remarkable rising of the primigravida level of knowledge with minimizing their level of anxiety. **Recommendations:** Based on the findings of this study, provision of the educational guidelines of the minor disorders to the antenatal clinics to be distributed to all the women attending to the clinic is of great value which is prepared in simple Arabic language.

Keywords: primigravida, minor discomfort, knowledge, anxiety