

# **A Review of Psycho-Education and Psychotherapy Interventions in the Fear of Childbirth: A Comprehensive Narrative Review**

**Kosar Miraei Mohammadi**

*Mazandaran University of Medical Sciences, Iran*

Background and the objectives of the study: Identifying and reviewing psycho-education and psychotherapy interventions that reduce the fear of childbirth. Methods of the study: A comprehensive narrative review was conducted. Databases such as Web of Science, Science Direct, Cochrane Library, Scopus, PubMed, including Medline, Clinical key, SID (Scientific Information Database), MAGIRAN were retrieved with no time limit. After screening the articles in terms of compliance with the purpose of the study, finally, 25 articles were selected for writing. The methodological quality of the articles was assessed based on Cochrane Risk of Bias. Findings of the study : Of the 25 articles extracted, 3 were systematic review articles, 10 RCT articles, and 12 Quasi-experimental articles. From 22 interventional articles, 17 studies examined psycho-educational interventions and 2 studies examined psychotherapy interventions, and 3 studies compared the two interventions. The results of the study were examined in two categories: psycho-education and psychotherapy. More research has been done in the field of psycho-education. Educational interventions, and prenatal preparations (including relaxation exercises, yoga during pregnancy, etc.), according to the results of many articles, including systematic reviews, were effective in reducing fear of Childbirth. Psychotherapy interventions were newer than previous class interventions, and more studies are needed in this area. In this regard, cognitive-behavioral therapy, Hapthotherapy, and Group art therapy effectively reduced the fear of childbirth. Conclusions: This brief review and collection of all the evidence in one place provide a valuable resource for service providers to make the best decision for any pregnant woman through a variety of methods that affect the fear of childbirth.

**Keywords:** *Childbirth-Related Fear, Fear of Childbirth, Psycho-education Intervention, Psychotherapy Intervention, Tokophobia*