



Preparation for Childbirth: Coping with Fear of Childbirth

Guest Editors:

Dr. Raquel Rodríguez-Blanque

Research Group CTS1068,
Andalusia Research Plan, Junta
de Andalucía, San Cecilio Clinical
Hospital, School of Nursing,
Faculty of Health Sciences,
University of Granada, 18071
Granada, Spain

Dr. Juan Carlos Sánchez- García

Research Group CTS1068, School
of Nursing, Faculty of Health
Sciences, University of Granada,
18071 Granada, Spain

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Message from the Guest Editors

Women often face childbirth with fear. The most common fears are related to pain, suffering, and a poor obstetric outcome. However, this is not because childbirth is intrinsically difficult or dangerous; these feelings are largely the result of a lack of training and information from professionals towards women at different stages of pregnancy and childbirth.

Controlling the fear of pain induced by labor is associated with an increase in the physical and emotional well-being of the pregnant woman. There are a range of possible solutions that can help control fear during this special moment in women's lives, for example, childbirth preparation classes, relaxation techniques during childbirth, non-pharmacological analgesic methods that are complementary and/or alternative to standard care, and so on.

For this Special Issue, we invite researchers to contribute original research or review articles that focus on highlighting the importance of health care during the pregnancy process and in preparation for childbirth, in addition to non-pharmacological techniques that help control said fear during childbirth.

