

# THE EFFECT OF INFANT CARE EDUCATION PROVIDED TO MOTHERS OF PRETERM INFANTS ON MATERNAL STRESS LEVELS, PARTICIPATION IN CARE, AND PERCEPTIONS OF PARENT-STAFF COMMUNICATION

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## KEY WORDS

- ✓ Premature,
- ✓ Stress
- ✓ Education
- ✓ Communication
- ✓ family-centered care
- ✓ neonatal intensive care unit

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## THESIS ABSTRACT

In this study, the effect of infant care education provided to mothers of preterm infants on maternal stress levels, participation in infant care, and perceptions of parent-staff communication was examined. The study was conducted as a randomized controlled experimental trial. A total of 80 mothers participated in the study, including 40 in the intervention group and 40 in the control group. Data were collected using a Sociodemographic Data Form, the Neonatal Intensive Care Unit Parental Stress Scale (NICU-PSS), the Neonatal Intensive Care Unit Parent Participation in Care Scale, and the Neonatal Intensive Care Unit Parent-Staff Communication Perception Scale.

A statistically significant decrease was observed in the pretest-posttest NICU-PSS scores of the intervention group. In addition, a statistically significant increase was found in the pretest-posttest scores of the Neonatal Intensive Care Unit Parent Participation in Care Scale among mothers in the intervention group. However, no statistically significant differences were identified in the total and subscale scores of the Neonatal Intensive Care Unit Parent-Staff Communication Perception Scale before and after the intervention in the intervention group, similar to the findings observed in the control group.

## APPLICATION AREAS OF THE THESIS RESULTS

Mothers of preterm infants experience various challenges during the infant care process. Structured education planned for mothers before discharge from the Neonatal Intensive Care Unit (NICU) may be beneficial in reducing maternal stress levels, increasing mothers' participation in infant care, and strengthening parent-staff communication.

## ACADEMIC ACTIVITIES

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