Cover Page

Official Title: Does a Spouse-Inclusive Social Support Intervention Reduce Prenatal Anxiety During Public Health Emergencies? A Randomized Controlled Trial
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Study Protocol

1. Introduction & Background

The COVID-19 pandemic significantly increased psychological vulnerability and disrupted traditional support networks for pregnant women. This randomized controlled trial evaluated a family-centered, social-support-based educational intervention to reduce COVID-19-related anxiety and enhance perceived social support among pregnant women.

2. Objectives

To evaluate the efficacy of a 7-session, spouse-inclusive educational intervention in:

1. Reducing COVID-19-related anxiety among pregnant women.
2. Enhancing perceived social support across five dimensions (emotional, informational, tangible, affection, and positive social interaction).

3. Methods

Study Design

Parallel-group, cluster-randomized controlled trial conducted in 2022.

Participants & Eligibility

- **Inclusion Criteria:** Pregnant women with gestational age up to 34 weeks, literate, possessing a smartphone and registered pregnancy record, no documented history of physical/mental disorders for the couple, not involved in concurrent COVID-19 anxiety programs.

- **Exclusion Criteria:** Miscarriage or preterm birth, withdrawal of consent, comprehension difficulties, missing >2 intervention sessions.

Intervention

Seven weekly 60-minute face-to-face sessions combined with virtual supplementary messages (videocasts, videos, PDF files, chat), attended by both pregnant women and spouses.

Control Group

Standard routine prenatal care.

Measures

- Personal-Obstetric Information Form
- Corona Disease Anxiety Scale (CDAS)
- Medical Outcomes Study Social Support Survey (MOS-SSS)