

My Birth Course: An antenatal course of Complementary Medicine (CM) techniques for labour and birth for women having their first baby: a randomized controlled trial.

ACTRN12618001353280

Status	RECRUITING
Sponsor	University of South Australia
Enrollment	200 participants

Plain Language Summary

Having your first baby is one of the most significant events in a person's life, and the experience of labour and birth can be deeply affected by how prepared and confident a woman feels going in. This study is testing a program called 'My Birth Course' — an antenatal education program that teaches women expecting their first child a range of complementary medicine techniques to help manage pain and stress during labour, such as breathing, acupressure, and relaxation methods.

Pregnant women between 24 and 36 weeks who are expecting their first baby will be randomly assigned to either attend the My Birth Course program on top of standard antenatal care, or receive standard care alone. The trial will track birth outcomes including whether the techniques used influenced rates of caesarean section and medical interventions during labour.

You may be eligible if you are pregnant with your first baby (singleton pregnancy), are between 24 and 36 weeks gestation, have a low-to-moderate risk pregnancy, and have sufficient English to participate in the workshops. High-risk pregnancies or women already enrolled in a similar complementary birth program would not be eligible.

Key Eligibility Criteria

Inclusion (5)

- Gestational age between 24 and 36 weeks of completed pregnancy
- Primiparous
- Singleton pregnancies
- Low to moderate risk as defined by Australian College of Midwives referral guidelines
- Women will have sufficient English for participation in the workshops

Exclusion (4)

- High risk pregnancies
- Congenital abnormalities
- Participation in similar program of complementary antenatal education including 'Calm Birth', 'Hypnobirthing', 'Active Birthing' etc.)
- Participation in midwifery group practice (1:1 Midwifery continuity of care model)

Locations (1 total)

Womens and Childrens Hospital - North Adelaide, SA, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618001353280>

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