



Research in Catharina Hospital

Preparing mothers for external cephalic version

A mindfulness intervention for pregnant women with breech presentation

For whom?

For pregnant women with a breech presentation undergoing an external cephalic version at the Catharina Hospital in Eindhoven.

Background

It is important for women to breathe correctly prior to the version, by means of deep abdominal breathing with optimal relaxation of the abdominal muscles. This facilitates turning of the baby and increases the success rate of the version. A short mindfulness intervention prior to the version may help women with this.

Research aim

To investigate whether a **short mindfulness intervention** prior to a version increases the *likelihood of success*, and improves *pain perception* and *comfort* during the version.

What participation means

In the hospital prior to the version:

- ✓ Completing a 5-minute questionnaire.
- ✓ Depending on randomization: a 5-minute mindfulness intervention or usual care.

In the hospital after the version:

- ✓ Completing a 5-minute questionnaire.



If you have any questions about the study, please contact:

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