Anxiety and invasive testing
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Objective
Pregnancy is a unique life experience, but it can also represent a stressful situation. Invasive prenatal testing, such as amniocentesis and chorionic villus sampling, can raise several expectations and cause anxiety. The aim was to examine how pregnant women experienced invasive prenatal testing and the time after it, while waiting for the results.

Methods
The prospective research included women with singleton pregnancy undertaking amniocentesis and chorionic villus sampling. 200 pregnant women were invited to cooperate, of which 166 agreed to participate. To assess anxiety, the self-evaluating scale State trait anxiety inventory-Y was used. A three-part questionnaire was designed, to which pregnant women responded in writing - to the first part before the procedure, to the second part immediately after and to the third part approximately two weeks after the procedure. Afterwards the evaluated anxious state was compared to the personal and demographic data of the pregnant women and their indications for invasive prenatal testing.

Results
Pregnant women were more anxious before the procedure than while waiting for the result (p<0,001). Pregnant women who were sent to amniocentesis and chorionic villus sampling because of the age of ≥ 37 years were less anxious. Furthermore, pregnant women who were sent there due to positive prenatal screening were more anxious than other women. The ones who already had amniocentesis in the past were less anxious than those who undertook the test for the first time (p<0,050). However, there was no measured distinction in anxiety comparing the pregnant women who undertook chorionic villus sampling in the past with those who had not.

Conclusion
Older pregnant women were less anxious about the tests. Pregnant women who were sent there due to positive prenatal screening were more anxious than others. Contrary to our expectations, women tend to feel deeper anxiety before the procedures than while waiting for the results. The hypothesis that pregnant women with previous amniocentesis experience are less anxious was nevertheless confirmed.