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Dunstan baby language efficacy in decreasing the parenting stress levels of housewives with 0-2 month old infants vs. standard care using a quasi-experimental study design

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Background: Literature shows that infant distress and care giving can be sources of stress of primary care givers, especially for first time mothers. The researchers wanted to determine whether Dunstan Baby Language (DBL) is efficacious in decreasing parenting stress among these primiparous women with 0-2 month infants over those utilizing standard newborn care. This research utilized a quasi-experimental approach, where 18 participants were gathered and divided into control (standard care) and experimental (DBL) groups. Descriptive statistics were used in the interpretation of the demographics, while a repeated measures mixed model was used for the Parental Stress Scale (PSS) results.

Method: A total of 27 participants were enrolled in the study. The experimental group had 18 participants, with a subsequent loss to follow up of 9, while the control group had 9 participants. These participants had babies with a mean age of 1 month in the experimental group and 2 months in the control group.

Results: An apparent decrease was noted in the Time 1 to Time 2 and the Time 2 to Time 3 PSS scores in the experimental group, as opposed to the control group having minimal changes in their PSS mean scores, but p-values failed to demonstrate any significant difference among them (p-values ranged from 0.053-0.415).

Conclusion: Use of DBL among newborn babies led to decreased parenting stress levels among primiparous mothers as reflected in the downward trend of PSS mean scores during the observation period. However, the difference was not statistically significant versus the standard newborn care.

Biography

Angelica Marie B Pineda has completed her Bachelor's Degree in Nursing at the University of Santo Tomas and currently studies at the University of the East Ramon Magsaysay Medical Center College of Medicine. She has published and presented her college research paper at the 16th East Asian Forum of Nursing Scholars held in Bangkok, Thailand in February 2013.

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