

Short Notes on Stress and Depression in the Parents Next to Fetal Cardiovascular Disease Counseling

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Opinion

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INTRODUCTION

Pregnancy is a time of great anticipation and excitement for many parents. However, it can also be a time of worry and anxiety, especially when there is a diagnosis of fetal heart disease. This diagnosis can be devastating for parents as they worry about the health and well-being of their unborn child. In such situations, counselling can be helpful in managing anxiety and depression levels in parents. This paper will explore the impact of counselling on anxiety and depression levels in parents after a diagnosis of fetal heart disease.

Fetal heart disease

Fetal heart disease is a condition that affects the heart of an unborn child. This condition is usually diagnosed during routine prenatal screening or when the mother reports unusual fetal movements. Fetal heart disease can take many forms, including congenital heart defects, heart arrhythmias, and structural heart defects. The diagnosis of fetal heart disease can be difficult for parents to process, as it can be associated with significant morbidity and mortality.

Anxiety and depression in parents

A diagnosis of fetal heart disease can lead to high levels of anxiety and depression in parents. Anxiety is a natural response to the fear and uncertainty surrounding a potentially life-threatening condition in their unborn child^[1-3]. Depression can also develop due to the stress and emotional strain of the diagnosis. Both anxiety and depression can have a significant impact on a parent's mental and physical health, as well as their ability to cope with the challenges of pregnancy.

Counselling

Counselling is a form of psychological therapy that can help individuals manage their emotional and psychological problems. Counselling can be beneficial for parents who are struggling to cope with the diagnosis of fetal heart disease. Counselling can provide a safe space for parents to express their fears and concerns about their unborn child's condition. It can also help parents develop coping strategies and skills to manage their anxiety and depression.

DESCRIPTION

Research has shown that counselling can be effective in managing anxiety and depression levels in parents after a diagnosis of fetal heart disease. A study conducted by Özkan et al. (2020) investigated the effectiveness of counselling on anxiety levels in parents of children with congenital heart disease. The study found that counselling significantly reduced anxiety levels in parents compared to those who did not receive counselling. Another study conducted by Brown et al. (2017) investigated the effectiveness of a cognitive-behavioral therapy (CBT) program on depression levels in parents of children with congenital heart disease. The study found that the CBT program significantly reduced depression levels in parents compared to those who did not receive the therapy^[4,5].

Benefits of counselling

Counselling can provide many benefits to parents who are struggling with anxiety and depression after a diagnosis of fetal heart disease. Counselling can help parents develop coping strategies and skills to manage their anxiety and depression. It can also provide a safe space for parents to express their fears and concerns about their unborn child's condition. Additionally, counselling can improve the overall mental health and well-being of parents, which can have a positive impact on their pregnancy and parenting.

CONCLUSION

In conclusion, a diagnosis of fetal heart disease can lead to high levels of anxiety and depression in parents. Counselling can be effective in managing anxiety and depression levels in parents and can provide many benefits to parents who are struggling to cope with the diagnosis. Research has shown that counselling can significantly reduce anxiety and depression levels in parents after a diagnosis of fetal heart disease. Therefore, it is important for healthcare professionals to consider counselling as part of the comprehensive care plan for parents who receive a diagnosis of fetal heart disease.

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