

Descriptive analysis on the effectiveness of the TSB preparatory course

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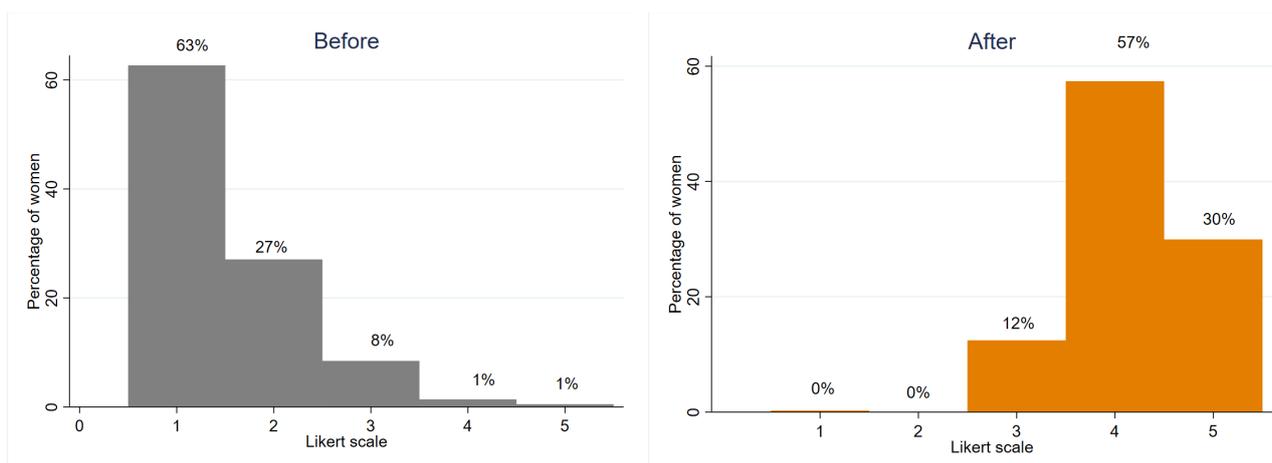
In this brief report, I analyze the data stemming from four online questionnaires on the self-evaluation about women's preparation on pushing and delivery positions, on their fear toward the delivery and on their partners' preparation on delivery positions. Those questionnaires have been administered to all women who participated to the TSB preparatory courses between April 2019 and October 2022; two questionnaires have been administered *before* taking part to the TSB class; two questionnaires have been administered *after* taking part to the TSB class, posing the same kind of questions to make them comparable.

The sample of respondents varies in the questionnaires. In particular, the sample of those women who answered to both questionnaires (before and after having attended class) on their preparation on pushing is formed by 805 women. The sample of those women who answered to both questionnaires (before and after having attended class) on their and their partners' preparation on delivery positions and on their fear toward the delivery is formed by 515 women. It is important to underline that the results presented here have an internal validity, because they are based on women who decided to participate to the TSB preparatory courses and who answered to the online questionnaires on a voluntary basis.

Below, I show the distribution about women's self-evaluation on some aspects of pregnancy and delivery.

Table 1 shows the distribution of the 5-point Likert scale on the self-evaluation about the preparation on pushing, before and after the TSB preparatory course. As we can see, whereas most of women (63%) declared not to be prepared at all before the TSB course and only 1% to be prepared (point 4 on the Likert scale), after the course the percentage of women who felt prepared increases to 57%.

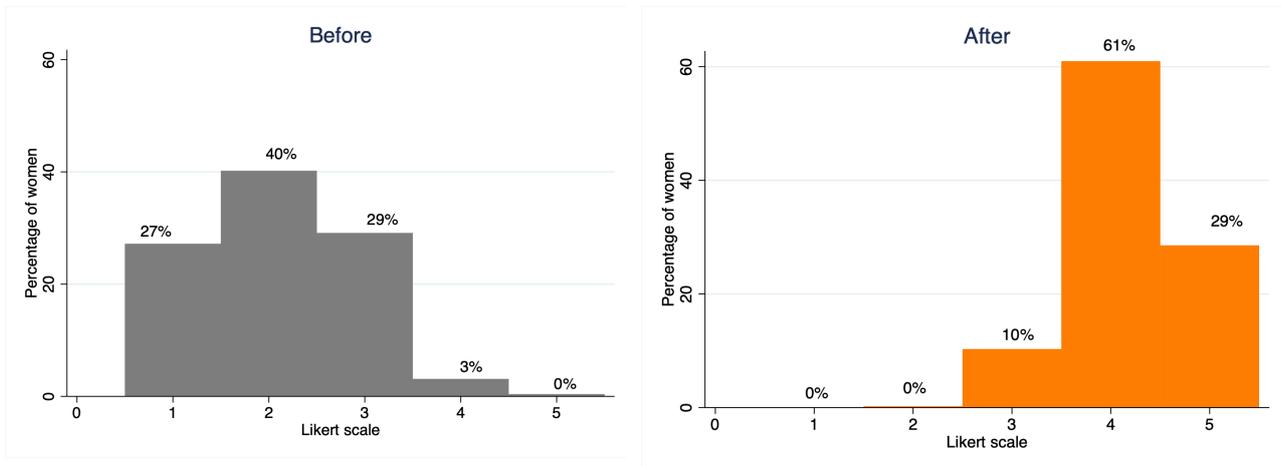
Table 1: Self-evaluation about the preparation on pushing before and after the TSB preparatory course.



Note: own computation based on n=805 observations

Table 2 shows the distribution of the 5-point Likert scale on the self-evaluation about the preparation on delivery positions, before and after the TSB preparatory course. Before the TSB course there is quite a large variability among women's perception of their preparation, even if 67% of them declared to feel not prepared or not prepared at all (points 1 and 2 of the Likert scale). On the other hand, after the course 89% of women felt prepared or well prepared.

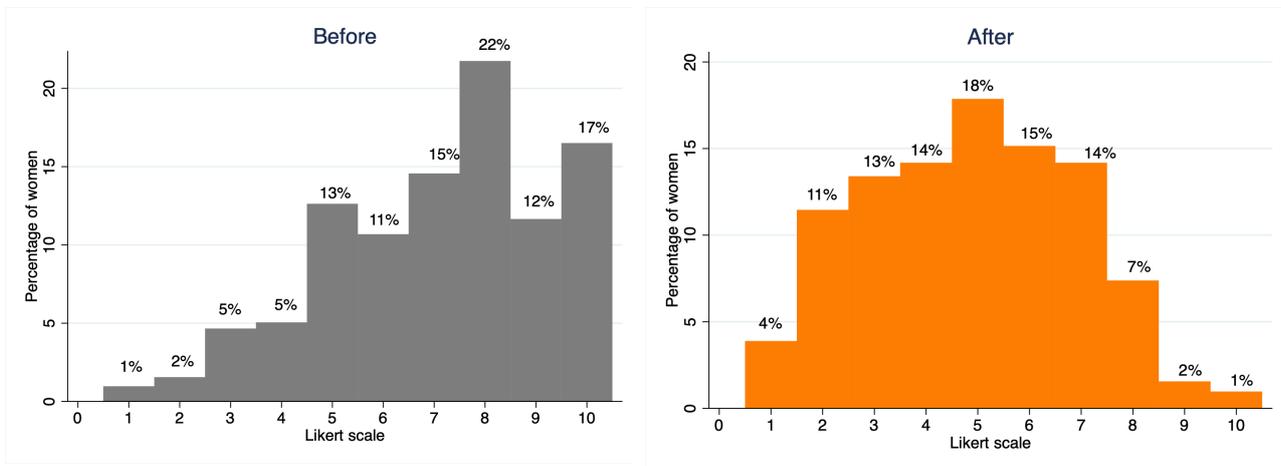
Table 2: Self-evaluation about the preparation on delivery positions before and after the TSB preparatory course.



Note: own computation based on n=515 observations

Table 3 shows the distribution of the 10-point Likert scale on the self-evaluation about the fear toward delivery, before and after the TSB preparatory course. Before the course, the fear toward delivery is evident among women, with 50% of women having a score equal or higher than 8. After the TSB course, the fear tends to decrease with only 10% of women having a score equal or higher than 8, but most of them continue to be worried even if not frightened.

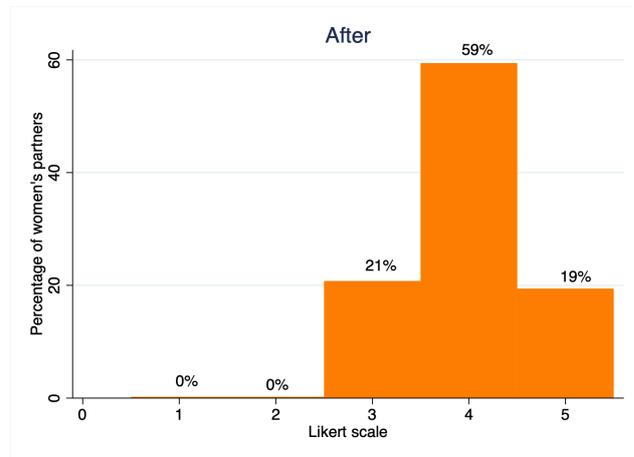
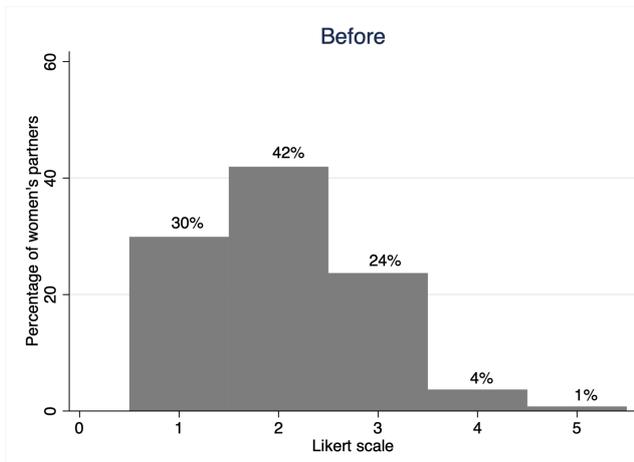
Table 3: Self-evaluation about the fear toward delivery before and after the TSB preparatory course.



Note: own computation based on n=515 observations

Finally, Table 4 shows the distribution of the 5-point Likert scale on the self-evaluation about the partner's preparation on delivery positions, before and after the TSB preparatory course. The beneficial effect of the TSB course is evident for the partners, too, with 72% of partners feeling not prepared or not prepared at all before it, whereas none expressed these first two categories after the course.

Table 4: Self-evaluation about the partner's preparation on delivery positions before and after the TSB preparatory course.



Note: own computation based on n=515 observations