

Results of on line evaluation of the Calmbirth® programme by 2048 couples who have attended the course.

Which one word would best describe your thoughts about birth *before* you did the calmbirth® course?

Very frightened	7.9%	(162)
Frightened	8.4%	(172)
Anxious	39.7%	(814)
Neutral	8.9%	(182)
Ok	20.8%	(425)
Confident	14.0%	(287)
Very confident	1.3%	(27)

Which one word would best describe your thoughts about birth *after* you did the calmbirth® course?

Very frightened		(0)
Frightened	0.3%	(7)
Anxious	2.1%	(44)
Neutral	1.7%	(34)
Ok	10.7%	(220)
Confident	52.2%	(1070)
Very confident	31.7%	

Do you plan to recommend calmbirth® to other pregnant women?

Definitely won't	0.2%	(4)
Probably won't	0.9%	(19)
Maybe	4.4%	(91)
Probably will	12.6%	(258)
Certainly will	79.1%	(1619)
TOTAL	97.2%	2048

How was your baby birthed?

Normal vaginal birth	59.3%	(1215)
Vaginal birth with assistance (vacuum/forceps)	16.9%	(347)
Emergency caesarean birth	15.9%	(325)
Planned caesarean birth (eg for breech baby)	4.9%	(100)
TOTAL	97.0%	2048

Did you use any of the following analgesia during labour?

No, nothing	47.6%	(975)
Gas	26.8%	(548)
Pethidine	8.2%	(167)
Epidural	24.0%	(492)

Did you use any other comfort measures during labour? (Please select all that were used)

Bath/shower	61.6%	(1261)
Massage	38.4%	(786)
Calmbreathing	84.7%	(1735)
Rythmic focussed breathing	53.3%	(1092)
TENS machine	13.8%	(282)
Visualisation	48.6%	(996)

In general would you describe the sensations you felt during labour as painful?

No, not painful	12.7%	(260)
Yes, very mildly painful	6.7%	(137)
Yes, mildly painful	10.3%	(210)
Yes, moderately painful	29.1%	(596)
Yes, severely painful	25.7%	(526)
Yes, very severely painful	11.5%	(236)

Did you immediately feel a strong bond with your baby?

Yes	82.7%	(1694)
No	13.9%	(285)
TOTAL	96.6%	2048

Were you able to breastfeed your baby immediately after birthing?

Yes	74.8%	(1532)
No	22.3%	(457)
TOTAL	97.1%	2048