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Marci; Cannella, Lacey; Graham, Jennifer DeVincent, Schneider, Meyer, and Bruce
Mind-body interventions during pregnancy for preventing or treating women's anxiety.  


Appendix B

Sri Ramachandra University
Porur, Chennai -116
Participant informed consent form

Version :English                                    Date:
Place :

Project title: A study to assess the efficacy of progressive muscle relaxation on stress, anxiety and pregnancy outcome among primigravidae at a selected hospital in Chennai.

In signing this document I am willing to give my consent to participate interventional research work to be conducted by an investigator. I understand that, I will be a part of the research study that will focus on progressive muscle relaxation and its effect on the level of stress, anxiety and pregnancy outcome among primigravidae. The investigator has sought a prior oral consent from the concern obstetrician. I have not been forced to participate as a subject in this research work. I have been informed that the participation is entirely voluntary and that even after the investigation begins. I can refuse to answer any specific questions or decide to terminate the intervention at any point. The investigator entrusted strict confidentiality of my responses and my personal details. The investigator explained the procedure to me thoroughly. As per the information given to me the assessment, session will take 1 hour to complete the following which intervention procedure will take one sitting per day (video assisted teaching following enaction by the patient under the supervision of investigator). Allotting 25 minutes per sitting for two consecutive days. I would also render my cooperation during the period of reinforcement which would be carried during the post assessment period at 31-32 weeks, during delivery and 6weeks following discharge. I understand that the study will help me to reduce the stress and anxiety, thereby improves the pregnancy outcome through progressive muscle relaxation.

Signature of the patient.