**Fear of Childbirth and Depressive Symptoms among Pregnant Women: A Cross-Sectional Survey in Tanzania**

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**Table 4: Predictors of having DS or FoB only or both.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Predictors of having FoB only** | | | | **Predictors of having DS only** | | | | | **Predictors of having both FoB and DS** | | | | |
|  | **N = 68/571 (11%)**  **Unadjusted** | **Adjusted** | | **N = 86/589 (14.6%)**  **Unadjusted** | | | | **Adjusted** | | **N = 37/540 (6.9%)**  **Unadjusted** | | **Adjusted** | |
| **Variables** | **OR (95%Cl)** | **OR (95%Cl)** | | **OR (95%Cl)** | | | | **OR (95%Cl)** | | **OR (95%Cl)** | | **OR (95%Cl)** | |
| **Age** |  | |  | |  | | | |  |  | | |  | |
| ≤ 20 years | 1 | | 1 | | 1 | | | | 1 | 1 | | | 1 | |
| 21–30 years | 0.78 (0.42–1.43) | | 0.69 (0.33–1.42) | | 1.66 (0.87–3.17) | | | | 0.89 (0.41–1.94) | 0.89 (0.38–2.13) | | | 2.56 (0.95–6.89) | |
| ≥ 31 years | 0.55 (0.26–1.14) | | 0.39 (0.15–1.04) | | 1.96 (0.46–2.03) | | | | 0.59 (0.22–1.62) | 0.91 (0.35–2.33) | | | **6.29 (1.43–27.84)\*** | |
| **Education level** | | | | | | | | | | | | | | |
| No formal education | 1 | | 1 | | 1 | | | | 1 | 1 | | | 1 | |
| Primary education | 1.04 (0.55–1.98) | | 1.32 (0.51–3.45) | | 0.99 (0.52–1.89) | | | | **0.36 (0.16–0.81)\*** | 1.25 (0.53–2.96) | | | 0.95 (0.37–2.43) | |
| Secondary and higher | 0.75 (0.31–1.83) | | 1.33 (0.61–2.94) | | **2.43 (1.21–4.87)\*** | | | | **0.34 (0.19–0.63)\*** | 0.50 (0.13–2.00) | | | **0.22 (0.05–0.99)\*** | |
| **Parity** | | | | | | | | | | | | | | |
| Nullipara | 1 | | 1 | | | 1 | 1 | | | 1 | 1 | | | |
| Multipara | 0.84 (0.57–1.58) | | 1.42 (0.69–2.88) | | | 0.91.02 (0.57–1.43) | 1.33 (0.68–2.60) | | | 0.51 (0.26–1.03) | **0.27 (0.09–0.87)\*** | | | |
| **Income** | | | | | | | | | | | | | | |
| Adequate | 1 | | 1 | | 1 | | | | 1 | 1 | | | 1 | |
| Inadequate | 1.13 (0.68–1.88) | | NA | | **2.06 (1.26–3.36)\*** | | | | **2.35 (1.38–3.99)\*** | **2.11 (1.02–4.35)\*** | | | 2.09 (0.97–4.52) | |
| **Marital status** | | | | | | | | | | | | | | |
| Married | 1 | | 1 | | 1 | | | | 1 | 1 | | | 1 | |
| Single | 1.33 (0.68–2.59) | | NA | | **2.04 (1.27–3.29)\*** | | | | **1.98 (1.18–3.32)\*** | **2.97 (1.43–6.18)** | | | **2.57 (1.14–5.78)\*** | |
| **Ever experienced obstetric complications** | | | | | | | | | | | | | | |
| No | 1 | | 1 | | 1 | | | | 1 | 1 | | | 1 | |
| Yes | 1.15 (0.69–1.91) | | NA | | 1.32 (0.84–2.09) | | | | NA | **4.20 (1.88–9.37)\*** | | | **3.19(1.42–7.19)\*** | |
| **Planned pregnancy** | | | | | | | | | | | | | | |
| No | 1 | | 1 | | 1 | | | | 1 | 1 | | | 1 | |
| Yes | 1.23 (0.71–2.13) | | NA | | 1.58 (0.93–2.67) | | | | NA | 1.06 (0.52–2.17) | | | NA | |
| **Previous perineal tear** | | |  | |  | | | |  |  | | |  | |
| No | 1 | | 1 | | 1 | | | |  | 1 | | | 1 | |
| Yes | 1.49 (0.80–2.78) | | NA | | **2.42 (1.45–4.05)\*** | | | | **2.32 (1.31–4.08)\*** | 1.46 (0.64–3.31) | | | NA | |
| **Social support from a male partner** | | | | | | | | | | | | | | |
| No | 1 | | 1 | | 1 | | | | 1 | 1 | | | 1 | |
| Yes | 1.52 (0.91–2.52) | | NA | | **1.59 (1.00–2.51)\*** | | | | 1.46 (0.87–2.45) | 1.29 (0.66–2.52) | | | NA | |

*\*p < 0.005, \*\*p < 0.001; NA, not applicable – indicates that the univariable p value was ≥ 0.20 and that the variable was not entered into the multivariable model.*