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

Agnes Fredrick Massae1,2\*, Margareta Larsson1, Sebalda Leshabari2, Columba Mbekenga3, Andrea Barnabas Pembe4, Agneta Skoog Svanberg1

 *1Department of Women’s and Children’s Health, Uppsala University, Sweden*

*2Department of Community Health Nursing, Muhimbili University of Health and Allied Sciences, Tanzania*

*3School of Nursing and Midwifery, The Aga Khan University, Tanzania*

*4Department of Obstetrics and Gynaecology, Muhimbili University of Health and Allied Sciences, Tanzania*

\***Corresponding author**: agnes.massae@kbh.uu.se (AFM)

**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.*