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**18th International Conference on New Findings
in Midwifery, Women, Maternity and Infertility
(ICMwMI 2026)**

17 March 2026 -TBILISI GEORGIA

**The effect of mindfulness on reducing the adverse effects of anxiety in
nulliparous pregnant women during labor and delivery**

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Introduction: Given the adverse effects of anxiety on nulliparous pregnant women during labor, various studies have examined nursing and midwifery techniques and counseling as alternative treatment methods for maternal mindfulness and anxiety reduction in low-risk nulliparous pregnant women during labor. The aim of this study is to review the existing literature in this field and present conclusions.

Materials and Methods: The present study is a systematic review of published articles on strategies for improving maternal health and reducing maternal anxiety during the labor process, from 2000 to 2025, which was conducted based on the Peri Yasma manual and a search by two-way and two-way search in reliable databases. Experimental and semi-experimental studies on strategies for increasing mindfulness consultations during labor and delivery published in domestic and international journals were included in the study. The qualitative evaluation of the articles was conducted using a data extraction checklist and based on a researcher-made checklist.

Findings: In this systematic review study, 10-50 articles related to the topic were identified. After reviewing the titles, considering the inclusion and exclusion criteria, and reviewing the full text of the articles, a final 20 articles were included in the study, almost all of which suggested solutions for maternal mindfulness during labor and delivery, recommended by experts in the field.

Conclusion: Based on the studies conducted, mindfulness, due to its ease and comprehensibility, can be used as a practical method to reduce anxiety during childbirth in nulliparous mothers.

Keywords: mindfulness, anxiety, childbirth, nulliparous

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