

March 26-27, 2018
Edinburgh, Scotland

Shirin Hasanpour, J Pediatr Care, Volume 4
DOI: 10.21767/2471-805X-C1-005

THE EFFECT OF CREATING OPPORTUNITIES FOR PARENT EMPOWERMENT PROGRAM ON PARENT'S MENTAL HEALTH: A SYSTEMATIC REVIEW

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Context: Premature birth and the consequent neonatal intensive care unit (NICU) admission cause great distress for parents, which makes them in need of support when their infant is hospitalized in the NICU.

Objective: The aim of this study was to determine the impact of creating opportunities for parent empowerment (COPE) program on parents' mental health. This review emphasizes on mental disorders' prevention.

Data Sources: This systematic review was performed by searching the databases including Cochrane Library, Pubmed, Scopus, Google Scholar, Proquest, Science Direct, SID, Magiran and Iranmedex databases for interventional papers from 2000 until 2015.

Study Selection: The studies which were considered to enter this review included randomized controlled clinical trials and quasi-experimental studies regarding the impact of COPE program on the mental health of premature infants' parents.

Data Extraction: For eligible studies, two authors extracted the data independently and discrepancies were resolved through discussion or, if required, through consultation with the third author.

Results: Only four studies conducted on the impact of COPE program on parents' mental health were included in this systematic review. According to them, the implementation of COPE program on the parents of premature infants hospitalized in the NICU decreased stress significantly after intervention phases 2 [-1.72 (95% CI: -1.97, -1.47)] and state anxiety after intervention phases 1 [-1.01 (95% CI: -1.48, -0.53)] in mothers.

Conclusion: The studies suggested the positive impacts of COPE programs on parents' mental health; however, more studies are recommended in all aspects of mental health along with further involvement of fathers.

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