

# Prenatal Beliefs Scale

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## **Abstract**

Pregnancy is a time of major changes in a woman's life. Even when expected and desired, it can be associated with problems such as disturbed appetite, insomnia, fatigue, low self esteem, depressed mood, anxiety, multiple somatic complaints, marital problems and even suicidal ideation. Rational Emotive and Behavioral Therapy theory of emotional disturbance is a cognitively based model that posits that emotional disturbances result from irrational beliefs and mental health from rational ones. The Prenatal Beliefs Scale is a self - report instrument that measures rational and irrational beliefs, specific to the pre and post partum period. The scale shows a good internal consistency ( $\alpha = .75$ ), has a medium construct validity and a good criterion validity. Factorial analysis asserts that the scale has two main factors from the category "content area": rationality and irrationality. In order to be more efficient as specialists and provide proper interventions in hospital settings we need short scales that offer plenty of information about very specific topics. We believe this scale does just that and it could improve significantly the clinical practice in the field of counseling pregnant women around the time of birth.

## **Keywords**

beliefs, rational, irrational, prenatal, postnatal