

leaders are working to improve the practice experience.

Nursing school curriculums were changed in 1997. Psychiatric nursing assumed a more important role in nursing education. Nursing schools and mental hospitals should collaborate to identify and solve the problems for improving psychiatric/mental health student practice.

### **Midwifery Practices during Antenatal Examinations : – Positive Interpersonal Interactions between Midwife and Pregnant Woman –**

Emiko SUZUI

The purpose of this quantitative research study was to explore the experience of interpersonal interactions between midwife and woman during antenatal examinations. In interviews conducted 20 to 36 weeks gestation, seven primigravida women without complications describe their experiences and emotions.

Using tape-recordings, data were collected by semi-structured interviews and then analyzed. The following midwife interventions were identified as important to the interpersonal interactions: 1. listening carefully 2. being kind 3. providing opportunity for questions 4. reducing anxiety 5. giving detailed information sensitively 6. cooperating with the woman 7. improving ability to handle pregnancy 8. being nonjudgmental 9. supporting emotions. These factors can be described as positive interactions between midwife and pregnant women.

### **Changes of Psychosomatic Symptoms in Pregnant and Parturient Women and Related Factors: A study through Zung's Self-rating Depression Scale**

Tomie NAGAKAWA

Pregnant and parturient women are apt to feel uneasiness, and it is thought that there are a number of factors causing such feelings.

After studying 40 women with Zung's self-rating depression scale at the mid-term of the pregnancy, the fourth day in the lying-in-period and one month after childbirth, the following results were obtained :

1. Physical symptoms are the major symptoms in pregnant and parturient women.
2. A correlation was found between psychosomatic symptoms and the pregnancy and lying-in-periods.
3. A correlation was found between mental and physical symptoms appearing in pregnant and parturient women.
4. Past pregnancy-childbirth experiences and a client's family make-up are significantly related to the appearance of psychosomatic symptoms.

From the above-mentioned viewpoint, it is possible to predict which psychosomatic symptoms will appear in the lying-in-period from the same symptoms that appeared in the pregnancy.

The followings are possible: to prevent psychosomatic symptoms from appearing if a client is supported by her family, to determine physical symptoms earlier and to reduce the appearance of such symptoms.