MATERNAL ROLE ADAPTATION QUESTIONNAIRE: DEVELOPMENT AND PSYCHOMETRIC PROPERTIES OF AN INSTRUMENT TO ASSESS THE IRANIAN FIRST-TIME MOTHERS’ EXPERIENCES OF MOTHERHOOD

Context: The transition to motherhood is a profound step in a woman's life which can affect her mental health.

Objective: The aim of this study is development a questionnaire for exploring maternal role adjustment in postpartum and first year after birth.

Methods: This study is a sequential exploratory mixed method research with 3 stages.

Patients: Qualitative content analysis was applied on 23 mothers. The psychometric properties of the questionnaire were measured by participation of 200 first-time mothers.

Intervention: 1: A qualitative content analysis was applied through in-depth semi-structured interviews. 2: Primary questionnaire provided by means of the qualitative research items that emerged in first phase and the items extracted from the available questionnaires. 3: Psychometric properties of the questionnaire were measured.

Main Outcome measures: The questionnaire had satisfactory validity, reliability and consistency. The Face validity of the questionnaire was established by participation of 10 first-time mothers, and the content validity was examined and approved by 10 experts. The factor structure was identified by principal component analysis (PCA). Reliability of the instrument was demonstrated with a Cronbach alpha. Consistency was established with test-retest reliability.

Results: The content validity index was .956. The factor structure was identified 7 factors as follows: support and strengthening of the couples' relationships, hardship and dissatisfaction, mother-infant attachment, stress and anxiety, emotional growth, performance, adjustment and social growth. Cronbach alpha was 0.768 for the entire scale. Consistency with an interval of 2 weeks (intracluster correlation coefficient = 0.833, P < 0.001).

Conclusion: "Iranian Maternal Role Adaptation Questionnaire" with 33 items is a culturally sensitive questionnaire with satisfactory validity and reliability.