

## ANTENATAL ULTRASOUND ABNORMALITIES

### Supporting information

#### **Counselling may help reduce anxiety and the incidence of invasive testing?**

A study in 123 pregnant women aged  $\geq 35$  years who underwent nuchal translucency screening (NTS) (Kaiser, 2004) found that, after group counselling, decisional conflict decreased significantly among those reporting at baseline having made a decision about invasive testing ( $t(222)=2.00$ ,  $P=0.014$ ) and for those who were uncertain ( $t(222)=5.74$ ,  $P<0.0005$ ). After receiving NT-adjusted risks, decisional conflict decreased further for those uncertain about testing at baseline ( $t(222)=4.64$ ,  $P<0.0005$ ). There was no change in risk perception and anxiety after group counselling. After NT-adjusted risks were communicated, risk perception decreased significantly ( $t(230)=5.02$ ,  $P<0.0005$ ), as did anxiety ( $t(115)=7.91$ ,  $P<0.005$ ). Despite reassuring NTS results, the uptake rate for prenatal invasive testing was 78.4%. Risk perception, anxiety, and decisional conflict decreased after individual counseling for reassuring NTS results, but the uptake of invasive testing remained high.

Kaiser AS, Ferris L., Katz R, et al. Psychological responses to prenatal NTS counseling and the uptake of invasive testing in women of advanced maternal age. *Patient Educ Counsel* 2004;54:45-53

**Evidence Level: IV**

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