

Supplement 1 List of selected literature (n=45)

- S1. Kim YS, Lee YJ, Park GH. The effects of maternal health care program on depression, maternal role self-confidence and delivery self-efficacy in pregnant women. *J East-West Nurs Res.* 2017;23(2):134-141. <https://doi.org/10.14370/jewnr.2017.23.2.134>
- S2. Kang YS, Jun MH, Kim IS. Study of influence on the antenatal instruction according to the state-anxiety level in normal process of primigravida. *J Ewha Nurs Sci.* 1981;15(1):9-13.
- S3. Moon YS. A study on antenatal education about the normal course of labor in last trimester of gestation influencing the state-anxiety of primigravida. *J Nurs Acad Soc.* 1980;10(1):11-20. <https://doi.org/10.4040/jnas.1980.10.1.11>
- S4. Kim S, Kim HS, Cheong HY. Effects of a coaching-based childbirth program on anxiety and childbirth self-efficacy among primigravida women. *Korean J Women Health Nurs.* 2011;17(4):369-377. <http://dx.doi.org/10.4069/kjwhn.2011.17.4.369>
- S5. Park M, Lee S. Effects of an experience-focused prenatal program on stress, anxiety, childbirth confidence, and maternal-fetal attachment on women in their first pregnancy. *Korean J Women Health Nurs.* 2018;24(2):126-137. <https://doi.org/10.4069/kjwhn.2018.24.2.126>
- S6. Sung MH, Ju MS, Ju KS. Effects of a prepared childbirth education on the knowledge and delivery participation levels of the spouses of primiparas. *Korean J Women Health Nurs.* 2003;9(3):213-223. <https://doi.org/10.4069/kjwhn.2003.9.3.213>
- S7. Kim S, Kim H, Cho S, Kim O. The effects of childbirth education on labor pain, anxiety and perception of childbirth experience of primiparas. *Clin Nurs Res.* 2002;8(1):129-145.
- S8. Lee EL, Lee HJ, Oh JH, Kim SA. The effect of a Lamaze program on labor pain in primiparas. *Clin Nurs Res.* 1998;4(1):59-84.
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- S10. Park YS. A study on the evaluation of Lamaze childbirth educational program. *J Nurs Acad Soc.* 1987;17(1):52-63. <https://doi.org/10.4040/jnas.1987.17.1.52>
- S11. Han KJ, Park YS. A study on the effects of the Lamaze prophylaxis. *J Nurs Acad Soc.* 1985;15(2):16-24. <https://doi.org/10.4040/jnas.1985.15.2.16>
- S12. Kim JS, Kim MS, Kim YH, Kim YS, Kim BJ, Lee JH. The effects of sophrologic prenatal education program in community health centers. *J Korean Community Nurs.* 2003;14(4):598-607.
- S13. Kim JK, Choi HM, Ryu EJ. Postnatal breast-feeding knowledge, techniques and rates of first-time mothers depending on a prenatal breast-feeding education method. *J Korean Acad Soc Nurs Educ.* 2011;17(1):90-99. <https://doi.org/10.5977/JKASNE.2011.17.1.090>
- S14. Park OH. The effects of antenatal breast care on breast feeding practice. *J Nurs Acad Soc.* 1992;22(1):29-41. <https://doi.org/10.4040/jnas.1992.22.1.29>
- S15. Lee GM, Choi YH. Effects of newborn care education program on child-rearing knowledge, child-rearing stress, and child-rearing self-efficacy of immigrant pregnant women. *J Korean Public Health Nurs.* 2012;26(3):561-571. <https://doi.org/10.5932/JKPHN.2012.26.3.561>
- S16. Han KJ, Kwon MK, Bang KS, Choi MY. Effects of a mother-fetus interaction promotion program on sleep and activity in mothers and infants. *J Korean Acad Child Health Nurs.* 2010;16(4):239-248. <https://doi.org/10.4094/jkachn.2010.16.4.239>
- S17. Kim TI. Development and test of effectiveness of a prenatal parental role education program. *J Korean Acad Child Health Nurs.* 2006;12(1):104-113.
- S18. Ko JM, Lee JK. Effects of a coaching program on comprehensive lifestyle modification for women with gestational diabetes mellitus. *J Korean Acad Nurs.* 2014;44(6):672-681. <https://doi.org/10.4040/jkan.2014.44.6.672>
- S19. Kim H, Kim S. Effects of an integrated self-management program on self-management, glycemic control, and maternal identity in women with gestational diabetes mellitus. *J Korean Acad Nurs.* 2013;43(1):69-80. <https://doi.org/10.4040/jkan.2013.43.1.69>
- S20. Baek ES, Park HJ. Effects of a case management program on self-efficacy, depression and anxiety in pregnant women with gestational diabetes mellitus. *Korean J Women Health Nurs.* 2013;19(2):88-98. <https://doi.org/10.4069/kjwhn.2013.19.2.88>
- S21. Wang HJ, Kim IO. Effects of a mobile web-based pregnancy health care educational program for mothers at an advanced maternal age. *J Korean Acad Nurs.* 2015;45(3):337-346. <https://doi.org/10.4040/jkan.2015.45.3.337>
- S22. Park H, Lee HJ. Comparison of effects of oral health program and walking exercise program on health outcomes for pregnant

- women. *J Korean Acad Nurs*. 2018;48(5):506-520. <https://doi.org/10.4040/jkan.2018.48.5.506>
- S23. Yu WJ, Song JE. Effects of abdominal breathing on state anxiety, stress, and tocolytic dosage for pregnant women in preterm labor. *J Korean Acad Nurs*. 2010;40(3):442-452. <https://doi.org/10.4040/jkan.2010.40.3.442>
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- S25. Choi MS, Park YJ. The effects of relaxation therapy on anxiety and stress of pregnant women with preterm labor. *Korean J Women Health Nurs*. 2010;16(4):336-347. <http://dx.doi.org/10.4069/kjwhn.2010.16.4.336>
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- S27. Oh MO, Kim YJ, Baek CH, Kim JH, Park NM, Yu MJ, et al. Effect of music intervention on maternal anxiety and fetal heart rate pattern during non-stress test. *J Korean Acad Nurs*. 2016;46(3):315-326. <https://doi.org/10.4040/jkan.2016.46.3.315>
- S28. Shin HS, Kim JH. Music therapy on anxiety, stress and maternal-fetal attachment in pregnant women during transvaginal ultrasound. *Asian Nurs Res*. 2011;5(1):19-27. [https://doi.org/10.1016/S1976-1317\(11\)60010-8](https://doi.org/10.1016/S1976-1317(11)60010-8)
- S29. Park HJ, Sung MH. Effects of music therapy on stress of preterm labor and uterine contraction in pregnant women with preterm labor. *Korean J Women Health Nurs*. 2017;23(2):109-116. <https://doi.org/10.4069/kjwhn.2017.23.2.109>
- S30. Kwun YS, Kim TH. The effect of music therapy on anxiety of cesarean section women. *J Korean Acad Fundam Nurs*. 2000;7(3):466-478.
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- S32. Shim CS, Lee YS. Effects of a yoga-focused prenatal program on stress, anxiety, self confidence and labor pain in pregnant women with in vitro fertilization treatment. *J Korean Acad Nurs*. 2012;42(3):369-376. <http://dx.doi.org/10.4040/jkan.2012.42.3.369>
- S33. Jeong SO, Kho HJ, Lee EJ. Effects of a Qigong training program on the anxiety and labor pain of primipara. *Korean J Women Health Nurs*. 2006;12(2):97-105. <https://doi.org/10.4069/kjwhn.2006.12.2.97>
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- S35. Choi MS, Kim GJ. Effects of fathers' duola touch during labor on the paternal attachment and role confidence to neonate and couple attachment. *Korean J Women Health Nurs*. 2011;17(4):426-437. <http://dx.doi.org/10.4069/kjwhn.2011.17.4.426>
- S36. Jeon SI, Park MK. Effects of a spouse's hand massage on anxiety, spouse support and the perception on childbirth experience of a primipara with analgesia for vaginal delivery. *J Korean Soc Matern Child Health*. 2015;19(2):233-242. <https://doi.org/10.21896/jksmch.2015.19.2.233>
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- S40. Eom SY, Kim ES, Kim HJ, Bang YO, Chun N. Effects of a one session spouse-support enhancement childbirth education on childbirth self-efficacy and perception of childbirth experience in women and their husbands. *J Korean Acad Nurs*. 2012;42(4):599-607. <https://doi.org/10.4040/jkan.2012.42.4.599>
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- S42. Ahn HL. An experimental study of the effects of husband's supportive behavior reinforcement education on stress relief of primigravidas. *J Nurs Acad Soc*. 1985;15(1):5-16. <https://doi.org/10.4040/jnas.1985.15.1.5>
- S43. Oh JH, Lee HJ, Kim YK, Min J, Park KO. The effect of childbirth education and family participated delivery in a labor-delivery-recovery room on primiparas' anxiety, labor pain and perception of childbirth experience. *Clin Nurs Res*. 2006;12(2):145-

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- S44. Jang MJ, Park KS. Effect of family-participated delivery in a labor delivery room on the childbirth of primiparas. *Korean J Women Health Nurs.* 2002;8(3):371-379. <https://doi.org/10.4069/kjwhn.2002.8.3.371>
- S45. Choi MR, Kim HK. Effects of a paternal participation program during cesarean section on paternal infant attachment. *Korean J Women Health Nurs.* 2013;19(2):75-87. <https://dx.doi.org/10.4069/kjwhn.2013.19.2.75>