Abstract
A positive pregnancy test of a planned conception is most often celebrated. However, for women with a history of perinatal loss, this celebration is sometimes overshadowed by cascaded emotions of grief, fear, anxiety, and depression. The repercussions of these emotions may affect the course of subsequent pregnancy, the overall health of the pregnant mother-to-be, and the maternal-child relationship and attachment that ensues after the pregnancy. To promote adaptive behaviors, this project aimed to develop a Website that provides evidence-based information and support available for pregnant women with a history of perinatal loss. Roy’s Adaptation Model (2009) was utilized as the theoretical framework and key concepts of Lazarus and Folkman’s (1984) Cognitive-Transactional Theory of Stress and Coping were explored. Five content experts voluntarily participated in the review of the Website for content validity.

Keywords: Perinatal Loss, Prenatal Loss, Pregnancy Loss, Miscarriage, Subsequent Pregnancy, Anxiety, Depression.

Statement of Purpose
To decrease the psychological burden, specifically anxiety and depression, of previous perinatal loss and to promote adaptive behaviors in the subsequent pregnancy.

Theoretical Framework

THE ROY ADAPTATION MODEL
By Sister Callista Roy
The goal of nursing is the “promotion of adaptation in each of the four modes thereby contributing to health, quality of life, or dying with dignity” (Roy, 2009, p. 49).

THE COGNITIVE-TRANSACTIONAL THEORY OF STRESS AND COPING
By Dr. R. Lazarus and Dr. S. Folkman

Significance and Justification
Pregnant women with a history of perinatal loss
- are vulnerable to anxiety and depression,
- have difficulty adapting to subsequent pregnancy effectively secondary to lack of clear medical diagnosis for the previous pregnancy loss, social support, and supportive healthcare delivery,
- prominently use emotion-focused coping strategies,
- express the desire to seek support from healthcare professionals and from women with similar experiences.

A Website provides
- Evidence-based information by healthcare provider(s)
- A social support platform for women with similar experiences to connect and share information.
- Facilitates adaptive problem-focused coping strategies that focuses on seeking solutions and problem resolutions.

Information Seeking Behavior

<table>
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<tr>
<th>Study</th>
<th>Aim(s)</th>
<th>Method</th>
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<th>Results</th>
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<tr>
<td>Roy &amp; colleagues (2001)</td>
<td>Why and how PW use Internet as a health information source? What is its effect on decision-making?</td>
<td>Exploratory Descriptive Web-based survey</td>
<td>613</td>
<td>97% used internet to access pregnancy-related information, social networking, and support. -94% supplement information. 85% influenced decision-making. Key factors for using internet • 48.6% dissatisfied with information given by health professionals • ~46.5% lack of time to ask health professionals questions Effect: Increased confidence in decisions.</td>
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<tr>
<td>Lagan, Sinclair, &amp; George Kernohan (2010)</td>
<td>To assess sources of gestational weight gain (GWG) information.</td>
<td>Cross-sectional study</td>
<td>368</td>
<td>Most frequent GWG sources: Internet 82.7%, books 55.4%, friends 51.5%. The single most important sources: Internet 32.8%, general practitioners 16.9%, books 14.9%</td>
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<td>Mackie (2017)</td>
<td>To assess the use of eHealth vs. mHealth.</td>
<td>Cross-sectional study</td>
<td>220</td>
<td>50.7% used eHealth (Internet) 22.4% used an mHealth pregnancy apps.</td>
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<td>Willcox, Dinkel, Beets, &amp; Huberty, (2015)</td>
<td>Use of Web and eHealth information related to physical activity and nutrition.</td>
<td>Qualitative Study: Semi-structured interview</td>
<td>16</td>
<td>Online health information and support was viewed as quick, easy, and accessible. Experiences of others made them feel less alone and normalized symptoms.</td>
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<tr>
<td>Coleman (2013)</td>
<td>Use of Internet for information related to physical activity and nutrition.</td>
<td>Descriptive, Exploratory (convenient, non-probabilistic sample)</td>
<td>293</td>
<td>97.8% used the internet for health information 50% information related to physical activity Trust: increased from 51.9% to 80% when online content was presented by a health professional.</td>
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</table>

Characteristics of the Developed Website

- Social Platform (Internet & Sharing Sections)
- eHealth (Subsequent Pregnancy After Perinatal Loss)

Results

- 83% influenced decision-making.
- 50.7% used eHealth (Internet)
- 22.4% used an mHealth pregnancy apps.
- 50.7% used eHealth
- 22.4% used mHealth apps.
- 97.8% used internet for health information

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