

**P1-032 Exploring the Factors Related With Social Support, Perceived Stress and Maternal Confidence in Mothers With Multiple Birth Preterm Infants**

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**Purpose:** The purpose of study is to explore the factors related with social support, perceived stress and maternal confidence in mothers with multiple births preterm infant at one month after discharged from hospital in Taiwan.

**Methods:** The study is a cross-sectional designed. Data were collected by purposive sampling. A total of 38 multiple birth of premature mothers were recruited in a sick baby room (SBR) at a medical center in the central distracit of Taiwan. The measurement are self-developed questionnaire with 28 questions including both mother and infant's basic information, 21 items of revised social support scale, 15 items of revised perceived stress scale, and 18 items of revised maternal confidence scale. Participants filled the questionnaire after infants discharged one month by email or at outpatient unit as followed up.

**Results:** The study showed that mothers' social support at one month after discharge from hospital, average score was 76.5 (total score 104), which indicated 70% of social support. The average score of perceived stress was 31.0, which was in equivalent levels of stress. The average score of maternal confidence was 62.18 (total score 90), which showed around 70% of confidence. The related factors of mother percied stress were daily sleep hours, perceived sleep quality, tangible support and emotional support, and others' assistance in baby care ( $p < .05$ ).

**Implications for Practice:** The study suggests that baby care in the mother with multiple births should be provided in clinical practice. Mother with twins or multiple births' care and needs should be included in school education and in-service education. The study suggests that nurses as an advocator, who can help mothers to involve in the self assistant group and information, to promote more social support for mother with multiple preterm infants.

**Key Words:** singleton births mothers, multiple births mothers, social support of premature mothers, perceived stress of premature mothers, confidence of premature mothers.