

Abstract

Background: Stillbirth is the most heart breaking and overwhelming condition for a family, explicitly to the mother. It is one of the major obstetric problem and the most frequently reported adverse pregnancy outcome throughout the globe causing serious psychosocial consequences. In addition to the pregnancy loss the negligence, bad mouthing and loneliness will bring more psychological trauma and self-isolation from the community that worsens the psychological condition. The condition may be even worse around big cities like Addis Ababa since the living standard is more individualized and that the family relationship is loosen than in the rural areas.

Objective: The objective of this study is to explore the experience and coping mechanisms of psychosocial consequences among mothers after the incidence of still birth in the context of Addis Ababa.

Methods: An in depth interview method was implemented to collect data and participants were selected purposely who had stillbirth with in the last two years at the center. Nine participants were engaged in this study.

Results: According to the finding, the negative emotions expressed by mothers includes; unconsciousness, numbness, anger, shock, fear. Positive and encouraging support from their partners, family and social support had a marked contribution to shorten the grieving period. The finding also pointed out that health professionals should be more sympathetic and better to have a psychologist for counseling.

Conclusion & recommendation: Increased community awareness, psychological support through counseling and strong social support has important role to heal from the loss. Also collaboration among health professionals, partners, family and social