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**UNIVERSITY**

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# COLLEGE OF POSTGRADUATE STUDIES

## 2022/2023 PhD Thesis Abstract

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**RT:** Effect of Health Education and Text-Messaging Interventions on Utilisation of Health Facilities among Pregnant Women During Delivery in Cross River State, Nigeria

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**AB:** The utilization of maternal health care services is associated with positive maternal and neonatal health outcomes and a reduction in maternal deaths. Nigeria alone accounts for a significant percentage of global maternal deaths with one maternal death every eight minutes. Research has shown that it is important for pregnant women (PW) to utilize health facilities during delivery where skilled birth attendants can manage obstetric and newborn complications that may arise. Health education (HE) and Text-messaging (T-M) approaches could be utilized to provide information that allows PW to make informed decisions to opt for health facility use during delivery. Such interventions have not been observed to be conducted in Cross River State. Therefore, this research examined the influence of health education and text-messaging interventions on the utilisation of health facilities during delivery among pregnant women in Cross River State.

The study employed a quasi-experimental design comprising three experimental groups (HE, T-M, and a combination of HE and T-M) and a control group (CG). The population consisted of 228,222 PW within the age range of 15 - 49 years attending antenatal services within 8 purposively selected Primary Healthcare Centers. The power formula was used to arrive at a sample size of 30 pregnant women for each study group. A simple random sampling technique was used in selecting the participants from the eight health facilities. A

validated structured questionnaire with Cronbach's alpha coefficients ranging from 0.76 to 0.81 was used for data collection. Data were collected at baseline, at the end of the 4-week intervention, and at the end of the 8-week follow-up. Data were analyzed using descriptive and inferential statistics at 0.05 level of significance.

Findings showed that the mean age of the PW was  $21.33 \pm 7.15$ . Between groups (HE:  $1.13 \pm 1.02$ , T-M:  $1.87 \pm 1.24$ , HE & T-M:  $1.24 \pm 1.10$ ), outcome measures of utilisation of health facilities practices (UHFP) during delivery among PW at baseline were not significant (HE:  $1.13 \pm 1.02$ , T-M:  $1.87 \pm 1.24$ , HE & T-M:  $1.24 \pm 1.10$ ;  $p > 0.05$ ). There was a significant change ( $p < 0.05$ ) in the mean score of UHFP at the end of 4-weeks intervention in the experimental groups (HE:  $4.52 \pm 1.80$ , T-M:  $4.20 \pm 1.48$ , HE & T-M:  $4.65 \pm 1.86$ ). Also, changes in UHFP between baseline and 8th-week follow-up (HE:  $1.13 \pm 1.02$  to  $4.69 \pm 0.90$ , T-M:  $1.87 \pm 1.24$  to  $4.79 \pm 1.01$ , HE & T-M:  $1.24 \pm 1.10$  to  $4.95 \pm 0.86$ ) were significant ( $p < 0.05$ ). There was no significant change ( $p > 0.05$ ) in the CG ( $1.65 \pm 1.68$  to  $1.67 \pm 1.80$ ) for the outcome variable observed between baseline and 8th-week follow-up.

The study concluded that the combined HE & T-M intervention was more effective than other approaches in improving the utilisation of health facilities during delivery among PW. The study recommends integrating this strategy into existing antenatal services to enable PW make better choices about their health services options especially place of delivery.

**Keywords:** Health education, Health facility, Pregnant women, Text-messaging, Utilization

**Word Count:** 495

*Abbreviations: RFN: Researcher's Full Name, RD: Researcher's Department, RS: Researcher's School, RE: Researcher's Email, RAE: Researcher's Alternate Email, RP: Researcher's Phone Contact, RT: Registered Title, MS: Main Supervisor, ME: Main Supervisor's E-mail Address, SP: Main Supervisor's Phone Contact, CS: Co-Supervisor, CE: Co-Supervisor's E-mail Address, CP: Co-Supervisor's Phone Contact, AB: Abstract*

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