

Table 2 Characteristics of pregnancy and birth

Postnatal mothers (N=200)	n	%
Type of birth		
Normal birth	84	42.0
Caesarean section	116	58.0
Planned pregnancy		
Yes	148	74.0
No	52	26.0
High risk pregnancy (diagnosed & monitored because of a maternal/fetal risk)		
Yes	68	34.0
No	132	66.0
Prolonged birth (>24 h) with interventions such as vacuum delivery		
Yes	22	11.0
No	178	89.0
Personal perception of birth experience		
Positive	129	64.5
Neutral	38	19.0
Negative	33	16.5
Sex of baby		
Female	110	55.0
Male	90	45.0
Total	200	100.0