

Mother-Daughter Sexual Communication: How Providers Can Help!



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Introduction

Have you ever wondered how you as a CNM or CNP could help mothers talk with their daughters about sex?

- Adolescent sexual health is in the forefront of the nation's health agenda.
- Parents can play a critical role in decreasing adolescent sexual risk taking behaviors and improving adolescent sexual health.
- Parent-adolescent sexual communication (PASC) has been shown to decrease the adolescent's sexual risk taking behaviors, delay their sexual debut and decrease teenage pregnancies.

Purpose

The purpose of this study was to describe mother-daughter sexual communication from the mother's perception. This study reports on the attitudes, beliefs, and knowledge mothers perceive as barriers and facilitators of sexual communication with their adolescent daughters between the ages of 11-14 years old in a suburban Ohio community. By identifying barriers and facilitators of mother-daughter communication, providers can create effective interventions and implementation strategies to optimize PASC.

Significance

Bandura's self-efficacy theory was used to understand the attitudes, beliefs and content knowledge of mothers of adolescent females to help shape interventions, increase compliance and improve the sexual health of adolescent females.

Methods/Measurements

- Qualitative descriptive study
- Ten mothers of adolescents' females were recruited via convenience sample through social media.
- Inclusion criteria: over 18 years old, English speaking, and mothers with adolescents daughters 11-14 years
- Exclusion criteria: daughters could not have ever been pregnant
- Participants participated in one-on-one interviews with the researcher.
- The interview guide was semi-structured and focused on the research questions.
- Interviews were recorded and transcribed
- Transcripts were analyzed for themes and categories using the steps of Data Analysis and Interpretation outlined by Hesse-Biber and Levy.

Sample Results

- Mean Age: 45.3 years (Range: 38-54 years)
- Mean age of daughter: 12.7 years (Range: 11-14 years)
- All Non-Hispanic white and married
- 70% worked outside the home
- 90% had at least a bachelors degree (60% had graduate degree)
- 90% had household incomes over \$100K

Research Questions

1. What are the attitudes, beliefs, and content knowledge of mothers of adolescent females in a suburban Ohio community?
2. What do mothers perceive as significant barriers to effective PASC with their adolescent daughters in a suburban Ohio community?
3. What do mothers perceive as significant facilitators to effective PASC with their adolescent daughters in a suburban Ohio community?

Findings

- Mother's perceived their role as a primary resource of sexual health information and educator.
- Mothers felt confident in their content knowledge and ability to answer any questions.
- Perceived barriers by mother:
 - lack of initiation of PASC by the adolescent
 - mothers' fear of causing discomfort and embarrassment to their daughter.
- Perceived facilitators by mother:
 - signs of puberty
 - scheduled school based health talks



Discussion

- Finding of this study will help develop interventions that promote mother-daughter sexual communication which CNM's and CNP's can use with mothers (their clients) to initiate and foster critical conversations.
- Understanding the mother's perceptions could have a significant impact on the type of interventions developed to promote sexual communication between mothers and their adolescent daughters to decrease adolescent sexual risk taking behavior.
- CNM's and CNP's can play a vital role in developing and implementing these interventions based on the identified barriers and facilitators in practice and the community.

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