Fitness of Female Athletes Examined

A new study is underway to evaluate the physiological, psychological and fitness status of members of female Omani national teams. The project, conducted by Dr. Hala Al Murri at the College of Education, will apply a set of tools including the use of designed tests and measurements. The research will be based on a sample of female athletes in some selected sports namely track and field, volleyball, basketball, handball, boxing and tennis. A descriptive method, will be utilized and the test protocol of power, speed, flexibility, endurance and agility will be analyzed by the statistical package software SPSS. Dr. Hala underlines that her study is the first of its kind to be made on female Omani national teams’ athletes, hoping that it will lay a foundation for further research in the future.

New Research: Blended Learning

A study is underway in SQU’s College of Education aimed to design three educational programs based on blended learning of the Introduction to Educational Technology course. Each program is distinct in the blending proportion of the traditional and asynchronous in order to determine the best rate of blending of both formats for the course. In his project, Dr. Ali Sharaf Al Mousawi will measure the effectiveness of the three blended learning programs compared to the traditional e-learning of College of Education students’ achievement and their attitudes towards blended learning.

Metacognitive Judgments in K-6 Graders

A new study is underway in SQU research team is investigating the effectiveness of childbirth educational intervention in reducing anxiety and unfavorable pregnancy outcomes. The procedure includes a randomized clinical trial design among the population of Oman low risk nulliparous pregnant women visiting SQU Hospital (SIH) and Armed Forces Hospital (AFH). Antenatal Clinics and Labour rooms of SIH & AFH will be the setting of the study after the approval of Research Committee and Hospital authority. All low risk nulliparous pregnant women who are willing to participate and are in the third trimester (28 - 36 Weeks) will be randomly assigned to control and in intervention group. A sample size of 100 will be reached, with 50 participants in each group. Initially all participants demographic data will be collected then their pre and post intervention anxiety levels will be measured using standardized anxiety scale State Trait Anxiety Inventory (STAI). The intervention group will be exposed to two sessions of video-assisted childbirth education classes and each participant will be provided with a child birth education booklet.

Pregnancy outcomes of the two groups will be measured using standardized Pregnancy Outcome Check List. The main outcomes measured will be pre and post intervention anxiety levels and pregnancy outcomes. The results will provide investigators to develop strategies to implement the interventions in present setting and it also explores the feasibility of implementation to all Health Facilities of Oman. Using SPSS statistical package version 16, both descriptive and inferential statistics appropriate to level and type of data will be used to find answers to the research objectives. Findings of the study will identify the effectiveness of an educational intervention to decrease anxiety level and enhance pregnancy education outcomes, which will help in informing larger scale studies that examine the efficacy of educational intervention in decreasing the anxiety levels as well as improving pregnancy outcomes. The results would help to incorporate routine prenatal screening of anxiety and take early measures to alleviate or to reduce anxiety so as to have better pregnancy outcomes. Implementing childbirth education as a part of routine prenatal care appears to be a feasible and time efficient way for pregnant women to promote their psychological health practice in midwifery practice of SIH and AFH.

Childbirth Education and Pregnancy Anxiety

New research is being conducted by a team of researchers at College of Education, says no research has evaluated the effects of childbirth interventions in Oman. The team, led by Dr. Hala Ali Mursi at the College of Education, will apply a set of tools including the use of designed tests and measurements. The research will be based on a sample of female athletes in some selected sports namely track and field, volleyball, basketball, handball, boxing and tennis. A descriptive method, will be utilized and the test protocol of power, speed, flexibility, endurance and agility will be analyzed by the statistical package software SPSS. Dr. Hala underlines that her study is the first of its kind to be made on female Omani national teams’ athletes, hoping that it will lay a foundation for further research in the future.

Nocturnal enuresis in kids

Enuresis, the involuntary urination, is the focus of a new study conducted by a team of researchers at College of Education. The study, led by Dr. Hala Ali Mursi, aims to examine the effectiveness of childbirth educational intervention in reducing anxiety and unfavorable pregnancy outcomes. The procedure includes a randomized clinical trial design among the population of Oman low risk nulliparous pregnant women visiting SQU Hospital (SIH) and Armed Forces Hospital (AFH). Antenatal Clinics and Labour rooms of SIH & AFH will be the setting of the study after the approval of Research Committee and Hospital authority. All low risk nulliparous pregnant women who are willing to participate and are in the third trimester (28 - 36 Weeks) will be randomly assigned to control and in intervention group. A sample size of 100 will be reached, with 50 participants in each group. Initially all participants demographic data will be collected then their pre and post intervention anxiety levels will be measured using standardized anxiety scale State Trait Anxiety Inventory (STAI). The intervention group will be exposed to two sessions of video-assisted childbirth education classes and each participant will be provided with a child birth education booklet.

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