

Recruit & screen women in second trimester (n=1200)

Q 1

Baseline: Personal & obstetric details & birth preference; EPDS; CBSEI; WDEQ-A; DCS; CKS; EQ5D

24-34 wks

Random allocation: Women with high childbirth fear will be randomised to intervention or control group (standard care). .

Intervention group: n = 150

Control group: n=150

Q 2

36 weeks data collection: Birth preference; EPDS; CBSEI; WDEQ-A, DCS; PSOC; EQ5D

Q 3

Post birth 6 week data collection: Obstetric outcomes; Maternal & neonatal outcomes; EPDS; WDEQ-B; PSOC-12; Postnatal Q;E Q5D