Aim
To evaluate whether an appointment with an obstetrician supplemented by ultrasound examination may reduce anxiety level in women after caesarean section (CS).

Methods
6-9 months after the 1st CS women underwent:
• appointment with an experienced obstetrician
• gynecological examination supplemented by saline contrast sonohysterography

Psychological well-being was assessed: before the appointment
• Beck’s Depression Inventory (BDI) (cut-off >29)
• Spielberger’s State-trait anxiety inventory. Cut-off > 40 for high level of state (acute) and trait (base-level) anxiety.
after the appointment
• State anxiety

Results
A total of 147 women were included in the study of them 79% (116/147) had low trait scores and 21% (31/147) had high trait scores.
Scores in BDI differed significantly between the groups (p<0.0001)

BDI scores in high and low trait-anxiety groups

In both groups, with low and high level of trait-anxiety, there was a significant decrease in state-anxiety scores after the appointment (p<0.0001).

Conclusion
An appointment with an obstetrician supplemented by ultrasound examination decreased anxiety level in women after CS, particularly in those with the highest base-level anxiety.