High risk- what’s next?
Decisional conflict, regret and satisfaction among pregnant women making choices about further prenatal testing (OP.05.01)

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BACKGROUND

In Denmark, non-invasive prenatal testing (NIPT) is offered as an alternative to invasive testing to women at high-risk of T21, 18 or 13.

AIM

To investigate decision-making among high-risk women when choosing between NIPT, invasive testing or no further testing.

MATERIAL AND METHODS

- First trimester combined screening
- Low risk
- High risk
- CVS or AC
- NIPT
- No further testing
- Malformation scan
- Termination
- Q1 (GA 12-14)
- Q2 (GA 24)

Scales used:
- Decisional conflict and regret scale
- Satisfaction with genetic counselling scale
- Health-relevant personality inventory (HP5i)

Statistics: Logistic regression

MAIN RESULTS

- 339 participants, response rates: 76% on Q1 and 88% on Q2.
- 75.4% chose invasive testing and, 23.8% chose NIPT
- High decisional conflict was associated with:
  - Choosing NIPT (p=0.013)
  - Receiving genetic counselling the same day (p=0.039)
  - Later decisional regret (p=0.008).
- Low decisional conflict was associated with:
  - A high satisfaction with the genetic counselling (p<0.001).
  - The personality sub-trait ‘alexithymia (p=0.043). ‘Alexithymia’ describes a disinterest or inability in identifying and understanding feelings.

CONCLUSION

Satisfaction with and timing of counselling are important factors to limit decisional conflict when making choices about prenatal testing. Interestingly, women choosing NIPT had more decisional conflict than women choosing invasive testing. Compared to other western countries, Denmark has a low NIPT uptake.