



HypnoBirthing® Outcomes United States, 2010-2014

Between November 2010 and May 2014, the HypnoBirthing Institute received 1,504 Parents' Birth Reports from United States.

For comparison, HypnoBirthing® data are compared to Listening to Mothers III; Pregnancy and Birth Report of the Third National U.S. Survey of Women's Childbearing Experiences. New York: Childbirth Connection, May 2013, [Listening to Mothers III: Research and Data on Childbirth in the US](#) Limited comparison data are also available from "Births: Final Data for 2012", by Joyce A. Martin, M.P.H.; Brady E. Hamilton, Ph.D.; T.J. Mathews, M.S.; M.H.S.; Sally C. Curtin, M.A. and Michelle J.K. Osterman M.H.S.; Division of Vital Statistics. National Vital Statistics Reports, Volume 62, Number 9 December 30, 2013

Figure 1. Labor interventions: HypnoBirthing® mothers used far fewer interventions during their labors than mothers in the comparison groups:

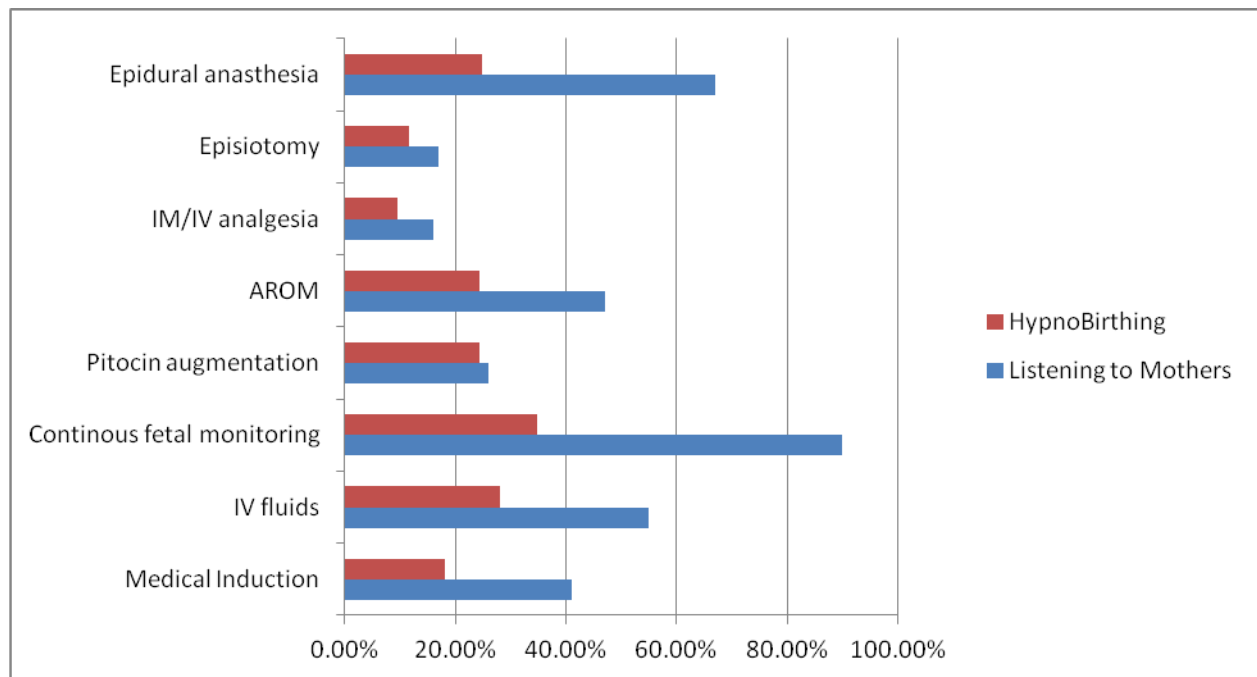
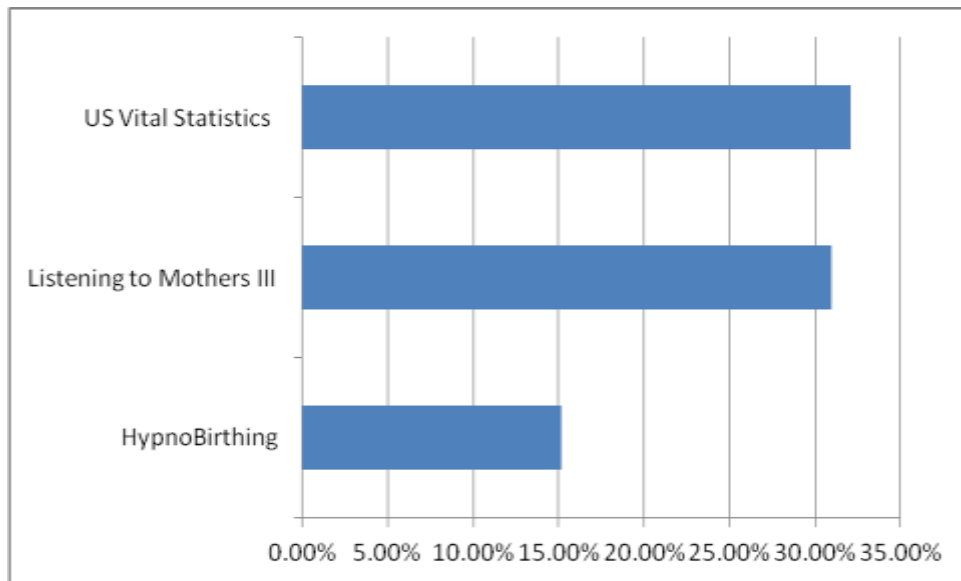


Figure 2. Cesarean section: HypnoBirthing® mothers experienced surgical birth (Cesarean section) at a much lower rate (15.14%) than that reported by LTM III (31%) or the U.S Division of Vital Statistics (32.8%). Data does not differentiate between primary and repeat Cesareans.



Choice of Care Provider: 51% of HypnoBirthing® mothers who birthed vaginally chose obstetricians and 55% chose midwives, including CNMs and direct entry midwives. By comparison 78% of the respondents to LTM III were attended by obstetricians.

93% of HypnoBirthing mothers rated the quality of supportive care they received from their care providers as “good” or “excellent.” 86% percent rated the supportive care from nursing staff at the hospital or birthing center “good” or “excellent.”

Birth Place: US Vital Statistics reported less than 1% of births took place at home or in a free-standing birth center. 11% of HypnoBirthing® mothers birthed at home and 7% chose a free-standing birth center, with the remainder birthing in hospitals.

Figure 3. Gestational Age: Gestational age for HypnoBirthing babies shows a more bell-shaped distribution than the national data. That is most likely due to the lower rate of labor induction for HypnoBirthing.

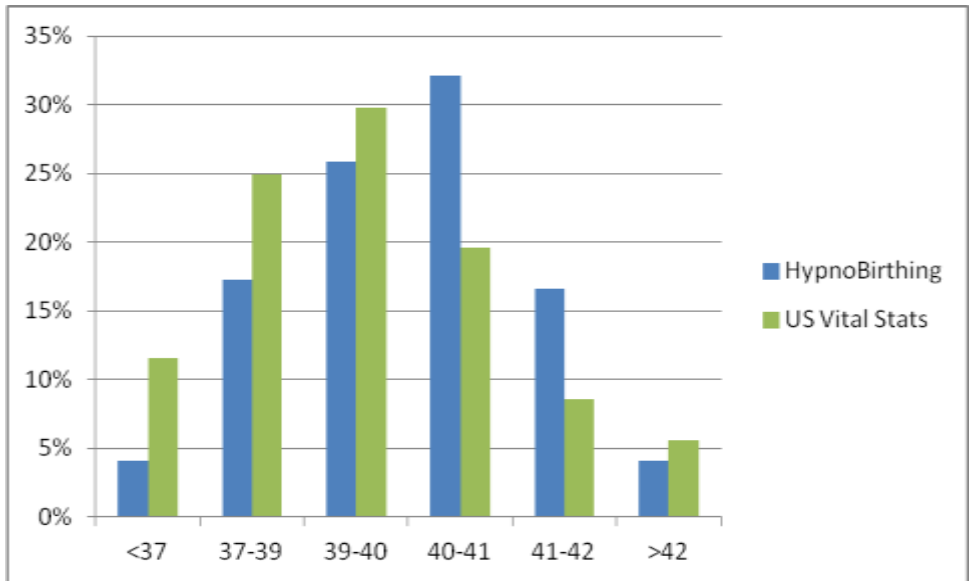


Figure 4. Low Birth Weight and Large Infants: HypnoBirthing mothers reported fewer low birth weight babies and more large babies than indicated by LTM III and the U.S. Division of Vital Statistics. The fact that more HypnoBirthing babies are born beyond 40 weeks may certainly contribute to the differences, but the two comparison groups include a much wider cross section of the population and the differences are most likely due many factors.

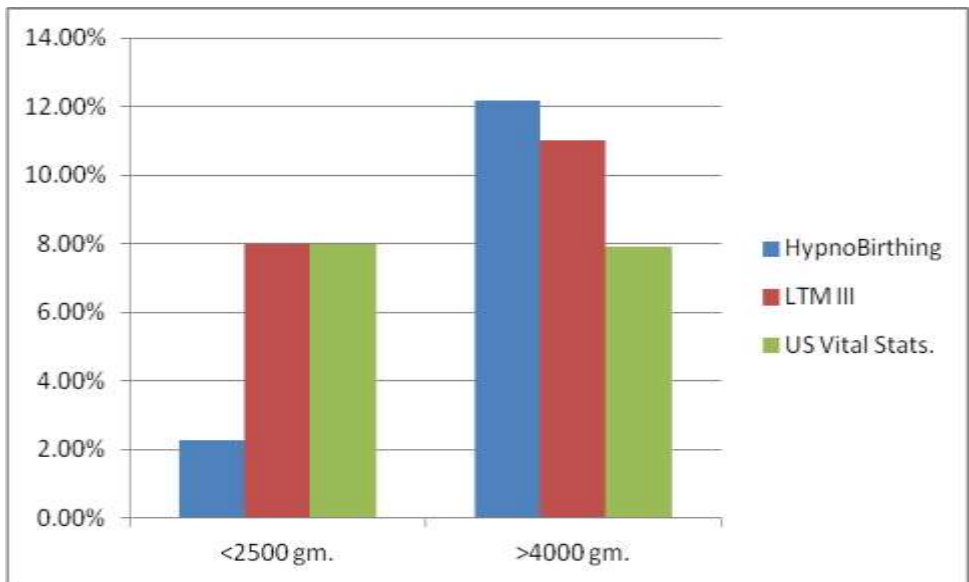


Figure 5. HypnoBirthing mothers' comfort in labor:

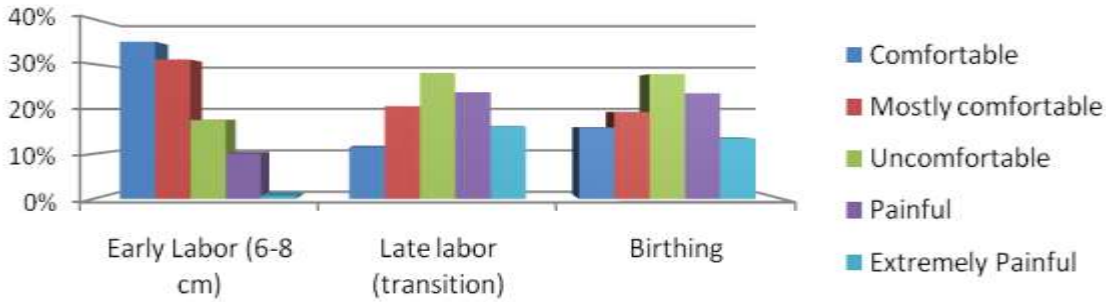
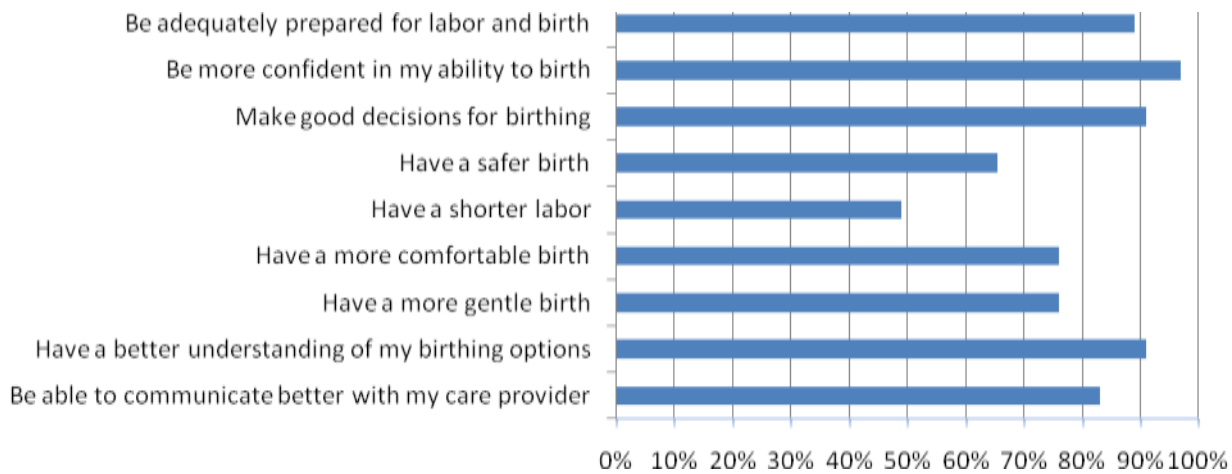


Figure 6. Mothers were asked to rate a series of statements about how they perceived HypnoBirthing benefitted them. Below are the percentages who *agreed or strongly agreed*



Satisfaction with the birthing experience: 864 women wrote responses to the question “Apart from meeting your new baby, what was the best thing about your experience of giving birth? “ The answers most often mentioned feeling focused, capable, alert and in control. They felt well supported by their birth companion and very often included comments about the ease and comfort of labor and birthing. 78% said they would definitely use HypnoBirthing again and 18% said they may or may not. 88% said they would recommend HypnoBirthing to others.

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