

Table 1. The mean of individual characteristics of mothers in both control and experimental groups

Variables	Control group	Experimental group
Age (year)	30.70±2.93	29.60±3.08
Height (cm)	164.45±5.20	163.05±4.61
Weight (kg)	69.45±4.89	67.75±4.19
Gestational age (week)	37.95±1.31	38.15±1.15

Table 2. The mean of neonatal weight and neonatal first and second Apgar scores and VAS I, II and III

Variables	Control group	Experimental group
Neonatal Weight (g)	2969.50±284.07	3550.25±419.84
Apgar score		
First	7.40±1.27	7.20±1.47
Second	8.90±0.96	8.95±1.39
Visual Analogue Scale		
I	5.50±1.70	4.05±1.46
II	7.10±1.33	6.70±1.45
III	9.40±1.04	8.75±1.51