

## **Abstract**

The aim of the thesis was to map the experiences of women with spontaneous abortion (miscarriage) in the first trimester of pregnancy. The data for the empirical part of the qualitative design was obtained through an electronic document in which the informants answered open-ended questions by writing. The research sample consisted of 17 informants who had experienced spontaneous abortion in the first trimester of their wanted pregnancy and had not yet had any children. The data collected were analysed using qualitative methods and the women's experiences were described and interpreted using grounded theory. Women's experiences were explored in several areas: experiencing abortion, loss and grief, needs, sharing, social environment reactions, and protective factors. Women's experiences of spontaneous abortion included mainly shock, sadness, fear, anger, guilt and feelings of failure. Many women experienced miscarriage as the death of their baby and grieved for it. Women needed to be treated with empathy and respect by those close to them and by health professionals. In particular, they perceived reactions and advice downplaying the significance of their loss as negative. The opportunity to share their experience with the wider community was very important to some women, while others shared their experience only with their partner or immediate family. Women perceived that the topic of spontaneous abortion was taboo and felt the need to break this taboo. Many of them therefore decided to share their experience with distance. Factors that helped women cope with their loss included the opportunity for authentic experiencing, sharing, gaining information, distraction through various activities, time distance, subsequent motherhood including child care, and finding meaning in the event.

## **Keywords**

miscarriage, early pregnancy loss, the loss of a baby, coping with the loss, grief, mourning