





The purpose of this study was to investigate the effectiveness of cognitive behavioral therapy based on mindfulness on self-efficacy and fear of natural childbirth in primiparous women in Sabzevar city. The research method is semi-experimental and the research design is pre-test and post-test with a control group. The statistical population of this research included all primiparous pregnant mothers (first pregnancy) referred to Mobini Sabzevar Hospital from the beginning of March 1402 to the end of May 1403. From among the statistical population, using the voluntary and available sampling method and based on the score of the self-efficacy questionnaire (Lowe, 1993) and the fear of childbirth questionnaire (Hartman, 1988) in the pre-test, 30 people who met the entry and exit criteria formed the statistical sample. They gave These 30 people were randomly replaced in 2 experimental and control groups of 15 people, the experimental group received cognitive behavioral therapy based on mindfulness, and the control group is on the waiting list. Also, covariance test was used to analyze the data and SPSS-24 software was used to speed up the results. The results of the research showed that cognitive behavioral therapy based on mindfulness significantly increased childbirth self-efficacy and reduced fear of natural childbirth in primiparous women in Sabzevar city. As a result, it can be said that cognitive behavioral therapy based on mindfulness is a suitable method for increasing self-efficacy and reducing fear of natural childbirth in primiparous women of Sabzevar city.