

Background

BACKGROUND:

- Research studies continue to assess the effects of practicing mind-body interventions such as yoga and meditation during and after pregnancy.
- Studies have also reviewed pregnant women's views on these interventions. However, scholars have yet to study pregnant women's perception of mind-body interventions, specifically in Texas.

INTRODUCTION:

- Yoga therapy resulted in stress reduction, lower incidence of pregnancy complications, and better labor outcomes (Jain & Bhartiya, 2017).
- Mindfulness-based cognitive therapy, which involved mindfulness meditation and cognitive behavioral strategies, indicated a significant improvement in depression symptom levels in pregnant women (Dimidjian et al., 2014).
- Assessing perception, a national survey found that 84% of depressed pregnant women would consider using a complementary health approach for weight and/or stress management, and more than 50% of the women would try yoga (Matthews et al., 2017).
- Research has found that yoga is positively associated with Japanese, Chinese, and White race/ethnicity (Gold et al., 2007). Furthermore, yoga practice is strongly linked with education and those with a college degree (Park et al., 2013). Existing evidence shows no substantive relationship between yoga practice and income or age (Park et al., 2013).
- The use of complementary health methods were most common in the first trimester of pregnancy—approximately twice more than in the second trimester and 12 times more than in the third trimester (Khadivzadeh & Ghabel, 2012).

Proposed Study

PURPOSE:

The overall purpose of this study is to identify the perception of comparative mind-body interventions such as yoga and meditation among pregnant women in Texas. The aim of this research is to answer prevailing questions specifically in Texas, a state that houses the largest medical complex in the world and ranks second in the nation of cultural diversity. These questions include: Are women aware of the proven mental and physical effects that these mind-body interventions can provide during and after pregnancy? Are females who are more knowledgeable of these practices less likely to encounter fertility complications and/or mental illnesses?

METHOD:

- UH-IRB Approval
- Participants: 79 survey respondents and 7 interviewees thus far (the study is ongoing)
 - Qualifications: 18+, female, pregnant, and reside in Texas
- Dependent Variable: Perception toward mind-body interventions
- Independent Variable: Demographics (i.e. ethnicity/race, perceived mental health, pregnancy status)

All pregnant women are recruited from across the Texas area through OB/GYN clinics, hospitals, and social media platforms.

Measures adapted from:

- Pregnancy and Wellness Survey (PAWS; Matthews, J., Huberty, J. L., Leiferman, J. A., McClain, D., & Larkey, L. K., 2017)
- Hamilton Depression Rating Scale (HDRS; Hamilton, M., 1960)

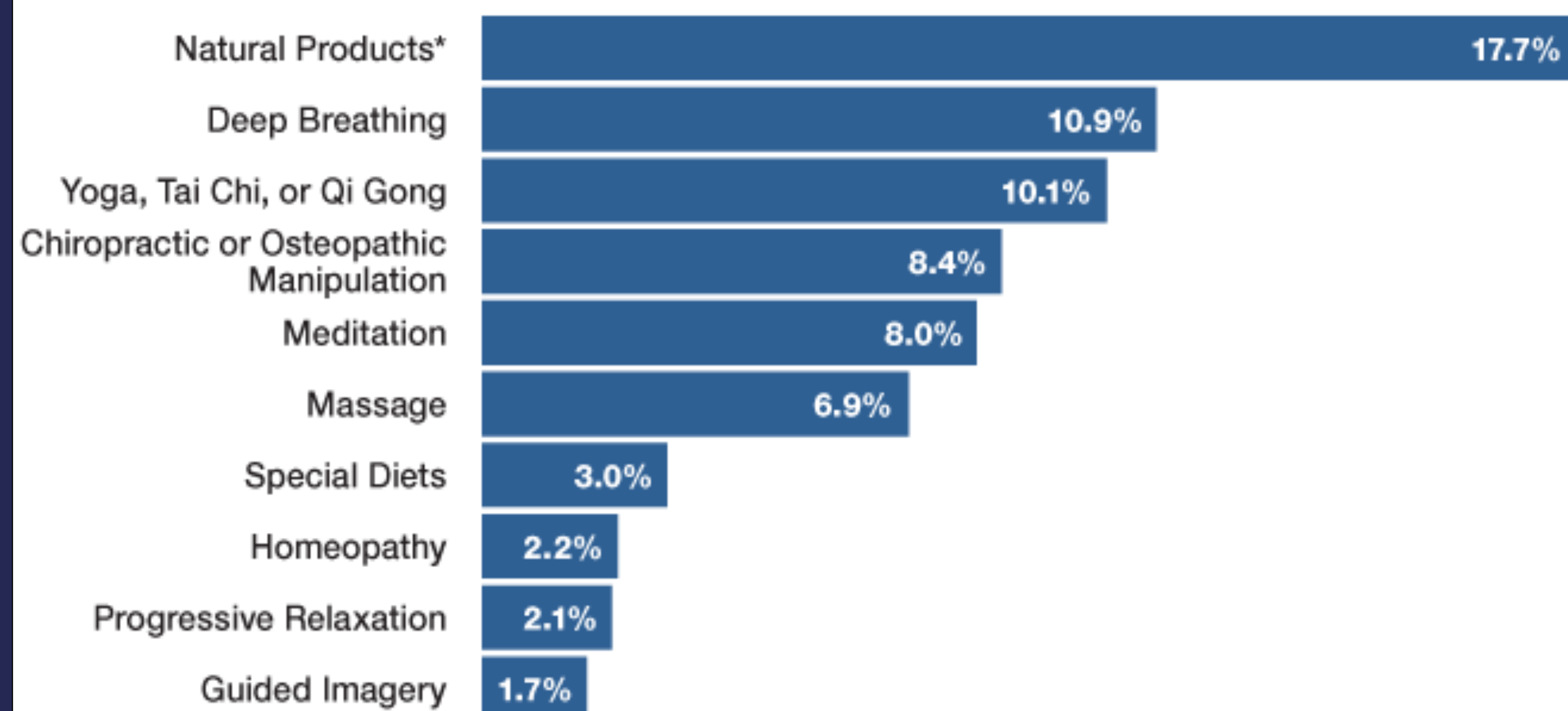
PROCEDURE:

Participants are contacted via the recruitment efforts listed above. They are provided with a link to access and complete the online survey. The survey lasts between 5-10 minutes. Participants remain anonymous, unless they choose to be contacted by the primary investigator via email for an in-person/online interview. After signing and returning a consent form, the participant is asked open-ended questions in the interview. The conversation will be audio recorded so that the PI can analyze the data quantitatively and qualitatively. This personalized interview will augment the survey results to more explicitly assess how pregnant women view mind-body interventions. If the respondent has taken part in mind-body practices, analyzing their physical and emotional health can help to create a correlation between mind-body practices and health. Survey results will be analyzed through regression analysis and ANOVA tests.

Primary Argument

Pregnant women's perceptions toward comparative mind-body interventions will be significantly influenced by knowledge about and exposure to mind-body interventions, perceived mental health, and pregnancy status.

10 most common complementary health approaches among adults—2012



*Dietary supplements other than vitamins and minerals.

Source: Clarke TC, Black LI, Stussman BJ, Barnes PM, Nahin RL. Trends in the use of complementary health approaches among adults: United States, 2002-2012. National health statistics reports, no 79. Hyattsville, MD: National Center for Health Statistics. 2015.



over 60%
of yoga users
were motivated to
exercise more regularly



over 40%
of yoga users
were motivated
to eat healthier



over 55%
of yoga users
reported improved sleep



over 85%
of yoga users
reported reduced stress



over 12%
of yoga users
cut back or stopped
drinking alcohol



over 25%
of yoga users
cut back or stopped
smoking cigarettes

Significance

- Depression affects up to 23% of pregnant women and is associated with adverse physical/mental health outcomes for both the mother and baby (Matthews et al., 2017). If depression can potentially be prevented by practicing mind-body interventions, then pregnant women should be educated about the benefits of these approaches.
- Representing a robust hub in Houston, the Texas Medical Center provides care for many pregnant women. This proposed study can add to the literature of promoting comparative mind-body interventions in certain areas that may be unaware of the benefits of complementary health practices.
- By assessing various demographics, this study can reveal various patterns and correlations in relation to mind-body practices. Future research can further explore the findings to seek ways for mind-body practices to be available and known to all populations.

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