

行政院國家科學委員會專題研究計畫 成果報告

產後家訪或電話諮詢對母嬰健康的成效評估：實證護理研究

計畫類別：個別型計畫

計畫編號：NSC91-2314-B-038-043-

執行期間：91年08月01日至92年07月31日

執行單位：臺北醫學大學護理學系

計畫主持人：陳靜敏

計畫參與人員：周雨樺、郭淑芬、陳#32137；鵠

報告類型：精簡報告

處理方式：本計畫可公開查詢

中 華 民 國 92 年 10 月 31 日

行政院國家科學委員會補助專題研究計畫 成果報告
期中進度報告

產後家訪或電話諮詢對母嬰健康的成效評估

計畫類別： 個別型計畫 整合型計畫

計畫編號：NSC91-2314-B-038-043

執行期間： 91年 8月 1日至 92年 7月 31日

計畫主持人：陳靜敏

共同主持人：簡逸毅、郭雲鼎、陳杰峰

計畫參與人員：

成果報告類型(依經費核定清單規定繳交)： 精簡報告 完整報告

執行單位：台北學大學護理系

中 華 民 國 92年 10月 31日

摘要

懷孕生產對婦女而言是一大挑戰，產後階段更是女人生命成長過程及其角色轉變的關鍵時刻。但隨著我國全民健保的施行，產婦的住院天數銳減，醫療院所提供的照護勢必無法滿足個案的需求，因此社區內的產後照顧措施更形重要。本三年之研究計畫旨在透過實驗設計，藉護理人員家訪或電話諮詢服務，來提昇婦幼的健康，並作為基層保健醫療實證護理的佐證。第一年為描述性相關研究設計，以世代研究方式，藉由護理人員家訪，運用深入訪談之質性研究法及發展結構式量表與生化測量的量化研究法，瞭解產婦在出院前、以及產後 2 週內（出院 1 週內）與 1、3、6 個月的各時間點的婦幼健康照護需求，再據以擬定第二階段之介入性措施方案。另為測試研究工具信、效度，本研究由病歷取得已生產 1、3、6、12、18 及 24 個月且符合收案條件的婦女名冊，以郵寄方式，同時收集各階段婦女其於產後關注、產後憂鬱、照護需求被滿足情形、健康促進生活方式、社會支持、及父母照護自我效能等方面的現況。家訪部份共追蹤 9 名，郵寄部分共回收 122 份問卷。研究結果顯示，經過家訪介入，婦女在母乳哺餵率、減重方面皆有不錯之成效。由生化指標亦可看出傳統「坐月子」習俗對婦女健康之可能威脅。而婦女在不同階段關注的焦點亦有不同，但以對生理需求最為關注。產後兩週在健康促進生活型態、社會支持及產後憂鬱等的問題與照護需求最強。大規模問卷調查結果發現產後各階段對生理需求的關注仍為最高；健康促進生活型態及產後憂鬱以產後第一個月最差。單因子變異數分析與 t 檢定皆發現在產後憂鬱、飲食習慣與照顧寶寶的自信度方面皆建議社區式產後照護的必要性。

關鍵詞：產後照護、護士家訪、工具發展

Abstract

The length of hospital stay for postpartum mothers and their newborn infants has been decreased since the implementation of NHI in Taiwan. A standard of care addressing the postpartum needs with a shortened hospital stay, however, has not been established. The purpose of this project is to explore the impact of nurse home visitation and telephone consultation programs on maternal child health, and to provide a research-demonstrated model on evidence-based nursing. The first year of this three-year project is to utilize both descriptive correlational design and cohort. A total of 9 subjects were recruited from postpartum units in two hospitals in Taipei with separate data collection sections. These women were followed to develop standard care plans addressing the postpartum needs of mothers, newborns, and families. Another 122 subjects recruited from hospital chart reviews in their 1st, 3rd, 6th, 12th, 18th and 24th months postpartum were invited to validate set of instruments. Results of this study indicated that home visitation can impact on breastfeeding and loss weight. Biochemical data revealed the dangerous of “doing the month” ritual on health promoting lifestyle. In various time intervals, subjects were most worried about physical postpartum concern. Just getting homes (2 weeks postpartum) was the most significant period for interventions on health promoting lifestyle, social support and postpartum depression. Results of the mail surveys indicated high levels of reliability and validity of the instruments. Results of ANOVA and t-test demonstrated the necessary of scientific measures in effects of community postpartum care and to develop the knowledge of evidence-based nursing.

Key words: postpartum care, nurse home visitation program, instrument development

自從世界衛生組織在阿瑪阿塔宣言 (Alma-Ata Declaration)中宣示全民均健 (Health for All) 的目標後，各國健康工作學者與從業人員莫不積極策劃透過基層保健醫療 (Primary Health Care) 來促進民眾的健康。雖說各國因影響其國人健康的因素不同，所需基層保健醫療之策略與內涵會有所不同，但世界衛生組織要求基層保健醫療至少應包含八大項內容，其中婦幼衛生被認為是最具成本效益的 (WHO, 1978; 李、陳、季、馬, 1994)。然以往在公共衛生領域中，婦幼衛生範疇多將重點放在孕產婦產前照顧的部分，對產後照顧不論中外均甚少在相關的學術著作中論及，多認為此議題應與醫院照護的成效有關。但隨著我國全民健保的施行，產婦的住院天數銳減，健康照護趨勢回歸社區，因此社區內的產後照顧措施更形重要 (Harrison & Hicks, 1983)。家庭訪視 (以下簡稱家訪) 一直是公共衛生護士與民眾接觸最經常使用的方法 (邱、許、陳, 1993)。早在民國 58 年，台灣省婦幼衛生委員會即為保障婦女生產的安全，並提昇婦女生活的整體健康，要求公衛護士主動提供到府服務。然到了七〇年代以後，孕產婦及嬰幼兒的健康管理工作已漸漸由衛生所護士轉而由醫療院所體系接手。尤其在民國 84 年全民健保開辦後，孕婦產檢和嬰幼兒健康檢查均納入健保服務項目，醫療的可近性大幅提高，但卻也因全民健保給付的考量下，住院生產時間明顯縮短，產婦在短短的 3-5 天中，除了要適應自己身體的不適及從懷孕後生理恢復外，還必須建立新的角色行為，並與新生兒建立情感的連結，似乎成為臨床護理的一大挑戰 (Walker, Crain & Thompson, 1986)，也引發了產後照護朝社區發展的重大變革 (Evans, 1995)。因此，家訪即為醫院的出院準備計劃與社區健康照護搭起了連續性的橋樑，亦造就了由家訪來推廣社區式產後照護的照護潮流 (Bennett & Tandy, 1998)。但產婦的需求為何？家訪的頻率、內容該如何設計？訪視的可行性與效能又如何？是否能透過其他如電話訪問亦能滿足產婦的需求？這些問題都缺乏實證的研究支持。因此，本研究期望透過實驗設計，藉護理人員家訪或電話諮詢服務，來提昇婦幼的健康，並作為基層保健醫療實證護理的佐證。

本研究計劃共規劃三年，分兩階段進行，本報告僅就第一階段做說明。研究設計為描述性相關研究，以世代研究方式，藉由護理人員家訪，運用深入訪談之質性研究法及發展結構式量表與生化測量的量化研究法，瞭解產婦在出院前、以及產後 2 週內 (出院 1 週內) 與 1、3、6 個月的各時間點的婦幼健康照護需求，再據以擬定第二階段之介入性措施方案。在研究時間、經費與人力可行性的考量下，本研究在北部某兩家區域教學醫院收案，排除：未能即時出院者 (剖腹產約產後第 3-4 天，自然產約第 2-3 天)、單親或未與性伴侶居住在一起者、此產次為多胞胎者，及非在自家坐月子者等條件，共篩選出產婦及新生兒均無產前產後合併症，並為足月產，同時願意接受訪視之個案共 9 名。另為測試研究工具信、效度，本研究由病歷取得已生產 1、3、6、12、18 及 24 個月且符合收案條件的婦女名冊，以郵寄方式，同時收集各階段婦女其於產後關注 (Postpartum concerns)、產後憂鬱 (Postpartum Depression)、照護需求被滿足情形 (Postpartum Care Priorities)、健康促進生活方式 (Health-Promoting Lifestyle)、社會支持 (social support) 及父母照護自我效能 (Parental caregiving self-efficacy) 等方面的現況。資料收集流程首先經由行政的聯繫，取得收案機構的同意後，由助理至產後病房依收案條件收案。收案過程中先向個案說明研究目的及研究方法，經徵得同意並簽立同意書後正式收案。並於個案住院期間 (剖腹產約產後第 3-4 天，自然產約第 2-3 天)，及個案出院返家於產後兩週內 (出院一週內) 與第 1、3、6 個月分別至研究對象家中訪視。除進行訪談與各項生化測量外，講師級助理將視個案需要，給予立即性之婦幼健康照護指導，以探索個案於各階段之照護需求與可能的照護問題的解決方式。研究工具之擬定與測試部分，由研究者先電話諮詢個案之意願，經同意後再郵寄問卷至個案家中。各階段研究對象之問卷回收率如下：1 個月：36 份，62.07%、3 個月：19 份，54.27%、6 個月：33 份，63.46%、12 個月：22 份，59.46%、18 個月：7 份，

36.84%及 24 個月：5 份，33.33%。問卷的效度及信度經預試及正式研究之前測，皆能符合信、效度得要求（ $\alpha = 0.69-0.88$ ；內容效度， $CVI \geq 0.86$ 效標關聯效度， $p < 0.05$ ）

家訪研究對象之特質詳見表 1。表 2 說明研究對象在產後各階段健康狀況的改變情形，經過家訪介入，婦女在母乳哺餵率、減重方面皆有不錯之成效。此外，在生化指標亦可看出傳統「坐月子」不可勞動、得進食高熱量、高脂肪補品的習俗對婦女健康之可能威脅。而婦女在不同階段關注的焦點亦有不同（表三），住院期間以自己的生理不適為主（ $M=2.43$, $SD=0.28$ ），返家初期即需求在嬰兒照護上（ $M=1.96$, $SD=0.51$ ），適應後即又以生理需求最為關注（ $M=1.76$, $SD=0.52$ ； $M=1.48$, $SD=0.44$ ； $M=1.44$, $SD=0.31$ ）。表四陳述婦女在不同階段採行之健康促進生活型態、社會支持及產後憂鬱得分之變化情形，結果發現以產後兩週在各層面的問題與照護需求最強。

在大規模郵寄問卷的部份，產後關注除第 12 與 18 個月關注於嬰兒照護外，皆以生理需求最高，健康促進生活型態及產後憂鬱以產後第一個月最差，父母照護自我效能在各階段皆可達中上程度（詳見表五）。單因子變異數分析結果顯示產後第一個月的憂鬱程度顯著高於其他階段；因為坐月子禁忌，此時之婦女不能採行低脂的飲食習慣；且在照顧寶寶的自信度上，在飲食知識、飲食技能、安全技能方面皆嚴重不足，足證護理介入之必要性（表六）。而透過家訪組與調查組比較婦女在各階段婦女於產後關注、產後憂鬱、照護需求被滿足情形、健康促進生活方式、社會支持、及父母照護自我效能等的差異情形，結果發現家訪的介入在產後第一個月能顯著減少產後憂鬱的發生（ $t=-13.09$, $p<.000$ ），在第六個月能顯著緩解育嬰問題的困擾（ $t=-2.22$, $p<.01$ ）；唯在產後第三個月時發現沒有接受家訪者其有較高的社會支持（ $t=-2.09$, $p<.05$ ），可見家訪的成效（表七）。

表 1

Demographic Characteristics of the Subjects

Variable	N	n	%	Variable	N	n	%	M	SD	Min	Max
Religion	9			Sex of newborn	9						
None		2	22.2	Boy		6	66.7				
Buddhism		6	66.7	Girl		3	33.3				
Christianity		1	11.1	Place for "Doing the Month"	9						
Educational background of case	9			Own house		4	44.4				
High school		2	22.2	Mother in law's home		2	22.2				
Junior college		1	11.1	Mother's home		2	22.2				
College or university		5	55.6	Postpartum nursing institute		1	11.1				
Graduate school		1	11.1	Who help doing the month	9						
Educational background of case's husband	9			Parents		5	55.6				
High school		1	11.1	Parents in law		3	33.3				
Junior college		3	33.3	Other		1	11.1				
College or university		5	55.6								
Type of delivery	9			Weight of newborn (gm)	9			3148.33	482.77	2450	4130
NSD		7	77.8	Age of case	9			29.33	3.81	24	35
C/S		2	22.2	Height of case (cm)	9			162.22	3.70	157	167

表 2

Comparison of New Mothers' health status and behaviors in Various Time Intervals

Variable	1 week postpartum in the Hospital						2 weeks postpartum at Home						1 month postpartum at Home										
	N	n	%	M	SD	Min	Max	N	n	%	M	SD	Min	Max	N	n	%	M	SD	Min	Max		
Employment plan	9							8							9								
Original work		5	55.6						5	62.5						5	55.6						
Part-time		1	11.1						1	12.5						1	11.1						
Homemaking		3	33.3						2	25.0						2	22.2						
Not sure		0	0						0	0						1	11.1						
Feeding mode	9							8							9								
Breast feeding		8	88.9						5	62.5						4	44.4						
Milk feeding		1	11.1						1	12.5						1	11.1						
Milk and breast feeding		0	0						2	25.0						4	44.4						
Weight	9			65.72	7.05	55	78	8			64.13	5.15	55	70	9			62.30	6.91	50	69		
Body fat	9			32.06	8.91	11.40	40.90	8			33.74	4.52	27.60	37.70	8			33.40	5.49	24.00	40.00		
BMI	9			24.92	2.32	20.70	28.10	8			24.36	1.56	22.00	25.07	8			23.94	2.51	18.80	26.50		
BUN	9			18.89	3.66	13	24	8			24.75	18.03	12	68	9			17.22	5.47	11	29		
Cr.	9			0.76	0.14	0.6	1	8			2.91	6.10	0.6	18	9			0.82	0.28	0.5	1.2		
GOT	9			19.89	3.95	15	28	8			15.25	6.82	8	31	9			18.56	11.58	7	47		
GPT	9			15.11	5.23	10	26	8			21.38	12.35	12	51	9			30.33	25.75	13	95		
TG.	9			162.78	50.64	94	266	8			67.88	16.02	48	99	9			84.22	48.13	43	198		
CHOL	9			228.22	39.10	172	285	8			215.25	63.49	157	332	9			217.33	44.08	147	269		

表 2 Comparison of New Mothers' health status and behaviors in Various Time Intervals (續)

Variable	3 month postpartum at Home						6 month postpartum at Home							
	N	n	%	M	SD	Min	Max	N	n	%	M	SD	Min	Max
Employment plan	8							9						
Original work		6	66.7						7	77.8				
Part-time		1	11.1						1	11.1				
Homemaking		1	11.1						1	11.1				
Feeding mode	9							9						
Breast feeding		2	22.2						4	44.4				
Milk feeding		4	44.4						5	55.6				
Milk and breast feeding		3	33.3											
Physical Activity								9						
Sitting									4	44.4				
Mild									5	55.6				
Weight	9			61.11	7.04	50	70	9			59.61	7.68	48	70
Body fat	9			30.78	6.13	20	37.7	9			28.97	7.25	20	37.8
BMI	9			23.2	2.52	18.8	26	9			22.67	2.89	18.1	26
BUN	9			15.33	2.45	12	19	9			13.33	3.74	9	19
Cr.	9			1.03	0.34	0.6	1.5	9			0.78	0.25	0.6	1.4
GOT	9			50.44	66.32	12	189	9			13.89	4.99	7	25
GPT	9			24.33	14.47	16	62	9			19.33	9.4	12	41
TG.	9			92.78	54.18	35	200	9			75.89	40.47	36	142
CHOL	9			183.11	23.63	151	222	9			174.56	32.65	136	235

表 3

Comparison of the Top 5 Most Important Concerns of New Mothers in Various Time Intervals

Rank	1 week postpartum in the Hospital			2 weeks postpartum at Home			1 month postpartum at Home		
	Item	Domain	M (SD)	Item	Domain	M (SD)	Item	Domain	M (SD)
1	Unfamiliar with newborn's normality	Infant care	3.00 (.0)	Worry about baby's health	Emotional	2.75 (.46)	Worry about baby's health	Physical	2.78 (.67)
2	Worry about baby's health	Emotional	2.89 (.33)	Unfamiliar with newborn's normality	Infant care	2.63 (.52)	Unfamiliar with newborn's normality	Infant care	2.56 (.53)
3	Feeding baby	Infant care	2.88 (.35)	Return of figure	Physical	2.5(.76)	Postpartum overweight (rank3)	Physical	2.44 (.53)
4	Return of figure	Physical	2.7 (.71)	Bad moon caused by not enough sleep	Emotional	2.38 (.74))	Did not wash hair (rank3)	Ritual	2.44 (.73)
5	Fatigue	Physical	2.63 (.52)	Feel anxious caused by baby's crying (rank4)	Emotional	2.38 (.92)	Feel anxious caused by baby's crying	Emotional	2.33 (.87)
				Fatigue (rank4)	Physical	2.38 (.74)	Fatigue	Physical	2.22 (.83)
				Postpartum overweight (rank4)	Physical	2.38 (.74)	Did not drink any water (rank5)	Ritual	2.22 (1.09)
							Return of figure (rank5)	Physical	2.22 (1.20)

表 3 Comparison of the Top 5 Most Important Concerns of New Mothers in Various Time Intervals (續)

Rank	3 month postpartum at Hom			6 month postpartum at Hom		
	Item	Domain	M (SD)	Item	Domain	M (SD)
1	Worry about baby's health	Emotional	2.44 (.88)	Decrease abd. muscle tone	Physical	2.50 (.76)
2	Decrease abd. muscle tone	Physical	2.33 (1.12)	Postpartum overweight	Physical	2.29 (.76)
3	Postpartum overweight	Physical	2.22 (.83)	Worry about baby's health	Emotional	1.88(1.13)
4	Feeding baby	Infant care	1.78 (.97)	Unfamiliar with newborn's normality	Infant care	1.75 (.89)
5	Unfamiliar with newborn's normality	Infant care	1.76 (1)	Lumbago	Physical	1.63 (1.06)
	Agitation (rank5)	Emotional	1.76 (1.72)			

表 4

Comparison of Postpartum Concerns, Postpartum Depression and Health Promotion Lifestyle in Various Time Intervals

Variable	During hospitalization					2 weeks post delivery					1 month post delivery				
	<u>N</u>	M	SD	Min	Max	<u>N</u>	M	SD	Min	Max	<u>N</u>	M	SD	Min	Max
Postpartum concerns															
Physical concerns	9	2.43	0.28	1.75	2.71	8	1.86	0.67	1.25	2.88	9	1.76	0.52	1.00	2.63
Emotional concerns	9	1.76	0.53	0.82	2.73	8	1.77	0.39	1.36	2.45	9	1.48	0.54	0.73	2.45
Infant care concerns	9	2.15	0.66	1.33	3.00	8	1.96	0.51	1.17	2.50	9	1.69	0.35	1.00	2.00
Compliance of postpartum ritual	9	1.44	0.90	0.42	2.92	7	1.03	0.72	0.15	1.83	9	1.46	0.77	0.58	2.83
Health-promoting lifestyle						8					9				
Self-actualization							1.52	0.53	0.86	2.14		1.78	0.44	1.00	2.43
Health responsibility							2.10	0.61	1.00	2.67		2.20	0.57	1.33	2.89
Interpersonal support							2.42	0.38	2.00	3.00		2.44	0.44	1.75	3.00
Exercise							0.94	0.31	0.44	1.33		1.14	0.36	0.67	1.67
Stress management							1.77	0.47	1.00	2.29		1.81	0.59	1.14	2.86
Nutrition							1.98	0.39	1.30	2.50		1.82	0.33	1.20	2.40
Social support	9					8	2.54	0.39	2.10	3.00	9	2.38	0.47	1.5	2.9
Postpartum Depression	9	1.00	0.51	1	16	8	1.28	0.48	6	20	9	0.97	0.38	3	16

表 4 Comparison of Postpartum Concerns, Postpartum Depression and Health Promotion Lifestyle in Various Time Intervals (續)

Variable	3 month post delivery					6 month post delivery				
	<u>N</u>	M	SD	Min	Max	<u>N</u>	M	SD	Min	Max
Postpartum concerns	9					8				
Physical concerns		1.48	0.44	0.86	2.14		1.44	0.31	1.00	1.86
Emotional concerns		1.20	0.60	0.36	2.00		1.06	0.58	0.27	1.91
Infant care concerns		1.28	0.70	0.17	2.33		0.85	0.44	0.17	1.50
Health-promoting lifestyle	9					8				
Self-actualization		1.62	0.61	0.71	2.57		1.89	0.62	0.86	2.71
Health responsibility		2.12	0.41	1.44	2.67		2.31	0.37	1.78	2.89
Interpersonal support		2.22	0.51	1.57	2.86		2.38	0.56	1.57	3.00
Exercise		0.84	0.32	0.43	1.43		0.75	0.40	0.29	1.57
Stress management		1.73	0.55	1.00	2.43		1.71	0.55	1.14	2.57
Nutrition		1.90	0.49	1.33	2.89		1.94	0.35	1.44	2.67
Social support	9	2.33	0.45	1.56	2.89	8	2.38	0.38	2.00	3.00
Postpartum Depression	9	0.90	0.55	0.20	1.70	8	0.83	0.66	0.10	1.90
Parental Caregiving										
Self-efficacy	9					8				
Health Knowledge		2.88	0.67	1.90	3.75		3.17	0.46	2.54	3.79
Health Skill		2.87	0.60	2.00	3.55		3.06	0.39	2.47	3.47
Nutrition Knowledge		2.85	0.70	1.85	4.00		3.16	0.56	2.47	3.87
Nutrition Skill		2.57	0.74	1.83	3.67		3.18	0.46	2.62	3.62
Safety Knowledge		3.00	0.78	1.80	4.00		3.58	0.38	3.00	4.00
Safety Skill		3.06	0.77	1.80	4.00		3.63	0.38	3.00	4.00
Low-fat Diet Habit						8	2.18	0.35	1.76	2.65

表 5

Comparison of Postpartum Concerns, Postpartum Depression and Health Promotion Lifestyle in Various Time Intervals

Variable	1 month post delivery					3month post delivery					6 month post delivery				
	<u>N</u>	M	SD	Min	Max	<u>N</u>	M	SD	Min	Max	<u>N</u>	M	SD	Min	Max
Postpartum concerns	36					19					33				
Physical concerns		1.91	0.67	0.38	3.00		1.75	0.64	0.43	3.00		1.69	0.69	0.14	2.17
Emotional concerns		1.38	0.61	0.27	2.45		1.58	0.65	0.45	2.46		1.34	0.68	0.30	2.64
Infant care concerns		1.69	0.67	0	2.67		1.51	0.76	0	2.67		1.50	0.79	0.33	3.00
Compliance of postpartum ritual		1.41	0.71	0	2.92										
Health-promoting lifestyle	36					19					33				
Self-actualization		1.88	0.46	1.00	2.71		2.01	0.53	1.00	2.86		2.19	0.45	1.43	3.00
Health responsibility		2.09	0.55	0.33	3.00		2.18	0.53	1.22	2.89		2.13	0.51	0.67	2.78
Interpersonal support		2.08	0.59	1.00	3.00		2.28	0.55	1.29	3.00		2.29	0.57	0.57	3.00
Exercise		0.90	.42	0.22	1.78		0.90	0.69	0	2.57		0.61	0.53	0	1.71
Stress management		1.57	0.53	0.14	2.57		1.81	0.57	0.71	2.86		1.88	0.58	0.43	3.00
Nutrition		2.12	0.38	1.44	2.80		1.78	0.70	0.67	2.89		1.92	0.50	0.44	2.78
Social support	36	2.55	0.28	2.00	3.00	19	2.67	0.38	1.56	3.00	33	2.53	0.45	1.29	3.00
Postpartum Depression	36	2.49	0.30	2.00	3.00	19	1.17	0.44	0.30	2.00	33	0.90	0.53	0	2.00
Parental Caregiving															
Self-efficacy	36					19					33				
Health Knowledge		2.54	0.68	1.06	3.88		2.84	0.74	1.45	3.95		3.07	0.55	1.63	3.96
Health Skill		2.44	0.69	1.11	3.78		2.78	0.89	0.82	3.91		2.93	0.56	1.75	3.88
Nutrition Knowledge		2.48	0.85	.082	4.00		2.87	0.87	1.46	4.00		2.99	0.72	1.13	3.93
Nutrition Skill		2.45	0.85	0.75	4.00		2.80	0.84	1.33	4.00		3.08	0.60	1.62	4.00
Safety Knowledge		3.06	0.82	1.40	4.00		3.16	0.86	1.20	4.00		3.47	0.53	2.33	4.00
Safety Skill		2.81	0.96	0.50	4.00		3.05	1.04	0.50	4.00		3.48	0.53	2.00	4.00
Low-fat Diet Habit	36	1.98	0.40	1.10	2.90	19	2.38	0.43	1.68	3.15	33	2.20	0.54	1.25	3.37

表5 Comparison of Postpartum Concerns, Postpartum Depression and Health Promotion Lifestyle in Various Time Intervals (續)

Variable	12 month post delivery					18month post delivery					24 month post delivery				
	<u>N</u>	M	SD	Min	Max	<u>N</u>	M	SD	Min	Max	<u>N</u>	M	SD	Min	Max
Postpartum concerns	22					7					5				
Physical concerns		1.70	0.52	0.43	2.57		1.29	0.96	0.14	2.86		1.94	0.70	1.00	2.57
Emotional concerns		1.48	0.74	0	3.00		1.06	0.52	0.18	1.73		1.38	0.71	0.27	2.09
Infant care concerns		1.71	0.81	0.33	3.00		1.48	1.00	0.50	2.83		0.97	0.77	0	1.83
Health-promoting lifestyle	22					7					5				
Self-actualization		1.94	0.51	0.86	2.71		2.10	0.43	1.57	2.71		2.14	0.52	1.57	3.00
Health responsibility		2.09	0.48	1.11	2.89		1.86	0.40	1.56	2.67		1.87	0.21	1.56	2.11
Interpersonal support		2.17	0.67	0.57	3.00		2.32	0.52	1.67	2.86		2.20	0.48	1.71	2.71
Exercise		0.81	0.63	0	2.43		0.84	0.61	0	1.43		1.26	0.35	0.71	1.57
Stress management		1.76	0.50	0.86	2.71		2.10	0.43	1.57	2.86		2.09	0.74	1.29	3.00
Nutrition		1.78	0.49	0.78	2.67		1.97	0.30	1.56	2.33		2.18	0.55	1.33	2.78
Social support	22	2.43	0.54	0.67	3.00	7	2.79	0.27	2.44	3.00	5	2.34	0.86	0.88	3.00
Postpartum Depression	22	1.27	.065	0.30	2.60	7	1.01	0.30	0.70	1.50	5	0.90	0.52	0.30	1.70
Parental Caregiving															
Self-efficacy	22					7					5				
Health Knowledge		2.88	0.62	1.61	3.93		2.99	0.40	2.34	3.62		3.32	0.51	2.79	3.90
Health Skill		2.72	0.70	1.25	3.75		3.14	0.38	2.74	3.87		3.38	0.49	2.70	3.87
Nutrition Knowledge		3.13	0.58	1.92	4.00		3.31	0.47	2.62	3.92		3.66	0.35	3.23	4.00
Nutrition Skill		3.15	0.57	2.09	4.00		3.02	0.68	1.92	3.92		3.50	0.55	2.83	4.00
Safety Knowledge		3.26	0.59	2.00	4.00		3.41	0.45	3.00	4.00		3.85	0.22	3.50	4.00
Safety Skill		3.22	0.56	2.00	4.00		3.40	0.47	3.00	4.00		3.73	0.38	3.17	4.00
Low-fat Diet Habit	22	2.30	0.50	1.57	3.27	7	2.56	0.69	1.40	3.53	5	2.43	0.23	2.10	2.67

表 6 Difference in Postpartum Concerns, Health-promoting lifestyle, Social support, Postpartum Depression, Parental Caregiving Self-efficacy and Low-fat Diet Habit among Various Time Intervals

Variables	Postpartum concerns						Health-promoting lifestyle							
	Physical concerns		Emotional concerns		Infant care concerns		Self-actualization		Health responsibility		Interpersonal support		Exercise	
	Mean(SD)	F	Mean(SD)	F	Mean(SD)	F	Mean(SD)	F	Mean (SD)	F	Mean(SD)	F	Mean(SD)	F
① 1 month post delivery	1.91 (.67)	1.28	1.38 (.61)	0.77	1.69 (.67)	1.03	1.88 (.46)	1.61	2.09 (.55)	0.64	2.08 (.59)	0.56	0.90 (.42)	1.90
② 3 month post delivery	1.75 (.64)		1.58 (.65)		1.51 (.76)		2.01 (.53)		2.18 (.53)		2.28 (.55)		0.90 (.69)	
③ 6 month post delivery	1.69 (.69)		1.34 (.68)		1.50 (.79)		2.19 (.45)		2.13 (.51)		2.29 (.57)		0.61 (.53)	
④ 12 month post delivery	1.70 (.52)		1.48 (.74)		1.71 (.81)		1.94 (.51)		2.09 (.48)		2.17 (.67)		0.81 (.63)	
⑤ 18 month post delivery	1.29 (.96)		1.06 (.52)		1.48 (1.00)		2.10 (.43)		1.86 (.40)		2.32 (.52)		0.84 (.61)	
⑥ 24 month post delivery	1.94 (.70)		1.38 (.71)		0.97 (.34)		2.14 (.52)		1.87 (.21)		2.20 (.48)		1.26 (.35)	

表 6 Difference in Postpartum Concerns, Health-promoting lifestyle, Social support, Postpartum Depression, Parental Caregiving Self-efficacy and Low-fat Diet Habit among Various Time Intervals (續)

Variables	Health-promoting lifestyle				Social support	Postpartum Depression	Low-fat Diet Habit		Low-fat Diet Habit Health Knowledge			
	Stress management		Nutrition				Mean (SD)	F/事後比較	Mean (SD)	F/事後比較	Mean (SD)	F/事後比較
	Mean(SD)	F	Mean(SD)	F	Mean(SD)	F	Mean (SD)	F/事後比較	Mean (SD)	F/事後比較	Mean (SD)	F/事後比較
① 1 month post delivery	1.57 (.53)	2.10	2.12 (.38)	2.03	2.55 (.28)	1.33	2.49 (.30)	48.14***	1.98 (.40)	3.20*	2.54 (.68)	3.15*
② 3 month post delivery	1.81 (.57)		1.78 (.70)		2.67 (.38)		1.17 (.44)	① > ②③④⑤⑥	2.38 (.43)	① < ②④⑤	2.84 (.74)	① < ③⑥
③ 6 month post delivery	1.88 (.58)		1.92 (.50)		2.53 (.45)		0.90 (.53)	④ > ③	2.20 (.54)		3.07 (.55)	
④ 12 month post delivery	1.76 (.50)		1.78 (.49)		2.43 (.54)		1.27 (.65)		2.30 (.50)		2.88 (.62)	
⑤ 18 month post delivery	2.10 (.43)		1.97 (.31)		2.79 (.27)		1.01 (.30)		2.56 (.69)		2.99 (.40)	
⑥ 24 month post delivery	2.09 (.74)		2.18 (.55)		2.34 (.86)		0.90 (.52)		2.43 (.23)		3.32 (.51)	

*p<0.05 **p < 0.01 ***p < 0.001

表 6 Difference in Postpartum Concerns, Health-promoting lifestyle, Social support, Postpartum Depression, Parental Caregiving Self-efficacy and Low-fat Diet Habit among Various Time Intervals (續)

Variables	Low-fat Diet Habit									
	Health Skill		Nutrition Knowledge		Nutrition Skill		Safety Knowledge		Safety Skill	
	Mean (SD)	F/事後比較	Mean (SD)	F/事後比較	Mean (SD)	F/事後比較	Mean (SD)	F	Mean (SD)	F/事後比較
① 1 month post delivery	2.44 (.69)	3.27*	2.48 (.14)	4.27**	2.45 (.85)	4.56**	3.06 (.82)	2.10	2.81 (.96)	3.47**
② 3 month post delivery	2.78 (.89)	① < ③⑤⑥	2.87 (.87)	① < ③④⑤⑥	2.80 (.84)	① < ③④⑥	3.17 (.86)		3.01 (1.04)	① < ③④⑥
③ 6 month post delivery	2.93 (.56)		2.99 (.72)		3.08 (.60)		3.47 (.53)		3.48 (.53)	
④ 12 month post delivery	2.72 (.70)		3.13 (.58)		3.15 (.57)		3.26 (.59)		3.22 (.56)	
⑤ 18 month post delivery	3.14 (.38)		3.31 (.47)		3.02 (.68)		3.41 (.45)		3.40 (.47)	
⑥ 24 month post delivery	3.38 (.49)		3.66 (.35)		3.50 (.55)		3.85 (.22)		3.73 (.38)	

*p<0.05 **p < 0.01 ***p < 0.001

表 7 Difference in Postpartum Concerns, Health-promoting lifestyle, Social support, Postpartum Depression, Parental Caregiving Self-efficacy and Low-fat Diet Habit between Home Visited and Mail Surveyed Groups

Variables	1 month post delivery			3month post delivery			6 month post delivery		
	Home Visited	Mail Surveyed	t	Home Visited	Mail Surveyed	t	Home Visited	Mail Surveyed	t
	Mean (SD)	Mean (SD)		Mean (SD)	Mean (SD)		Mean (SD)	Mean (SD)	
Postpartum concerns									
Physical concerns	1.78 (0.53)	1.91 (0.67)	-0.57	1.48 (0.44)	1.75 (0.64)	-1.16	1.44 (0.31)	1.69 (0.69)	-1.57
Emotional concerns	1.48 (0.54)	1.38 (0.61)	0.46	1.20 (0.60)	1.58 (0.65)	-1.46	1.06 (0.58)	1.34 (0.68)	-1.07
Infant care concerns	1.69 (0.35)	1.69 (0.67)	0.00	1.28 (0.70)	1.51 (0.76)	-0.79	0.85 (0.44)	1.50 (0.79)	-2.22**
Compliance of postpartum ritual	1.46 (0.77)	1.41 (0.71)	0.19						
Health-promoting lifestyle									
Self-actualization	1.78 (0.44)	1.88 (0.46)	-0.64	1.62 (0.61)	2.01 (0.53)	-1.72	1.89 (0.62)	2.19 (0.45)	-1.53
Health responsibility	2.20 (0.57)	2.09 (0.55)	0.51	2.12 (0.41)	2.18 (0.53)	-0.26	2.31 (0.37)	2.13 (0.51)	0.91
Interpersonal support	2.44 (0.47)	2.08 (0.59)	1.67	2.22 (0.51)	2.28 (0.55)	-0.26	2.38 (0.56)	2.29 (0.57)	0.40
Exercise	1.05 (0.31)	0.90 (0.42)	0.98	0.84 (0.32)	0.90 (0.69)	-0.26	0.75 (0.40)	0.61 (0.53)	0.72
Stress management	1.78 (0.48)	1.57 (0.53)	1.07	1.73 (0.55)	1.81 (0.57)	-0.36	1.71 (0.55)	1.88 (0.58)	-0.75
Nutrition	1.88 (0.31)	2.12 (0.38)	-0.76	1.90 (0.48)	1.78 (0.70)	0.46	1.94 (0.35)	1.92 (0.50)	0.14
Social support	2.38 (0.47)	2.55 (0.28)	-1.07	2.33 (0.45)	2.67 (0.38)	-2.09*	2.38 (0.38)	2.53 (0.45)	-0.86
Postpartum Depression	0.97 (0.38)	2.49 (0.30)	-13.09***	0.90 (0.55)	1.17 (0.44)	-1.42	0.83 (0.66)	0.90 (0.53)	-0.36
Parental Caregiving Self-efficacy									
Health Knowledge				2.88 (0.67)	2.84 (0.74)	0.14	3.17 (0.46)	3.07 (0.55)	0.48
Health Skill				2.87 (0.60)	2.78 (0.89)	0.27	3.06 (0.39)	2.93 (0.56)	0.62
Nutrition Knowledge				2.85 (0.70)	2.87 (0.87)	-0.09	3.16 (0.56)	2.99 (0.72)	0.63
Nutrition Skill				2.57 (0.74)	2.80 (0.84)	-0.71	3.18 (0.46)	3.08 (0.60)	0.45
Safety Knowledge				3.00 (0.77)	3.17 (0.87)	-0.50	3.58 (0.38)	3.47 (0.53)	0.54
Safety Skill				3.06 (0.77)	3.05 (1.04)	0.01	3.63 (0.38)	3.48 (0.53)	0.71
Low-fat Diet Habit							2.18 (0.35)	2.20 (0.54)	-0.11

*p<0.05 **p < 0.01 ***p < 0.001