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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

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¥»× ªs›p„″ƒ@†W„″⁄Tƒ~¡A⁄ ¤ ¶‹¶pif ¡A¥»† Ł S¶·N†˜⁄@¶ ¥ q »¡'œ¡C‹ ª ß†]p‹ · yz'° ‹ ^ ‹ ªs¡A¥H¥@¥N‹ ªs⁄Łƒ ¡¡A´·¥ ¯@†z⁄ H⁄fi ŁX¡A„B¥ ¸† ⁄J†X‰˝⁄S‰Ł'‹ ªs″k⁄ ¸ fiii †″cf¡¶q ″ »P¥˝⁄ ˙œ¶q″″¶q⁄ ˇ ¸ ¤S k¡A` A †£ ƒb¥X ‹e¡B¥ H ⁄†«Æ2 ¶g⁄″¡]¥X | 1 ¶g⁄″¡ ^»P 1¡B3¡B6 › ⁄°″ ″Ufi ¶¡´I″″ ¥fi •—d• ¯@» ¤D¡Aƒ A ¥H 'w†˜⁄G¶ ¥q⁄S⁄¶⁄ J°− „I⁄Łfi ¡Cƒb‹ ªsfi ¶¡¡B ,g¶O» PH⁄O¥if '°″″ƒ ¶q⁄U¡A¥»× ªsƒb¥_†¡‹ Y¤ fia ˇ −− ˙ |ƒ fi ¡A¯ £¡G¥..fl SYfi ¥X |″ ¡]› ,¡†£‹ ø†£«Æ†˜ 3-4 ⁄ ¡Aƒ M£‹ ø†˜ 2-3 ⁄ ¡^B† ¿¸' ¸¥..»P' °ƒ æ @'ƒ⁄ ƒb⁄@ _″ ¡Bƒ ‡£ƒ„‹ ƒh› ML″ ¡A⁄ ¸«Dƒ ƒb fiaS⁄⁄°⁄l″ ¥ ±¥¡Aƒ@¿ z ¥X†£ ⁄ ¸• s¥˝¤ S¡ L† £ «†«ÆƒX ¤flgA¤^‹ ¤‹ ⁄°†£¡Aƒ Pfi ˜ @N— ¤ † XŁ⁄S› fi ƒ@9 ƒW¡C¥t‹ ·œ„ ‹ ªs⁄u¤ª«H¡Bfi˜« ¡A¥»× ªs¥ fl f œ@œ⁄w¥˝ †£1¡B3¡B6¡B12¡B18 ⁄ ¸24 › ⁄°¥ B †ƒfX fi − ¥ ″″ ⁄kƒ W U¡A¥H¶ ±H⁄Łƒ ¡¡Aƒ Pfi ƒ‹¶ ƒU¶ ¥q ⁄k¤ ' †£«Æ^ ″ ›¡]Postpartum concerns¡ ¡^B†£«Æ.. ˜{¡]Postpartum Depression¡ ¡^B• ¯@» Ð†″Q ¤‹ −¡S ¸(Postpartum Care Priorities)¡B •—d« ¶i¥˝‹ ¡⁄Łƒ¡(Health-Promoting Lifestyle)、 ″ •|⁄ «ø ¡]social support¡ ¡^B⁄ ¸ ¥ • ¯@ƒ S fi˜fl (Parental caregiving self-efficacy) ¥⁄Ł›—″″† ¶p¡C„Œfi˜ ƒ‹¶ ‹ y { ″¥„g¥ ƒ ‹F″″` p̂·¡A¤ œof fi ″c″″ƒP•N«Æ¡A¥ SU†zƒ †£«Æflf' ¤ ƒ fi − ¥ ƒ fi ¡C ƒ fi „L {⁄¥ ƒV› fi »¡'œ ª s¥ ″″⁄‹ ª s⁄ Łk¡A„g..x−ofP•N¤^^—¥ ƒP•Nfi «Æ¥¿ƒ¡ƒ fi ¡C¤^' › fi ƒ |·`¶¡¡]› ,¡†£‹ ø†£«Æ†˜ 3-4 ⁄ ¡Aƒ M£‹ ø†˜ 2-3 ⁄ ¡^A⁄ ¸› fi ¥X |″ fia' †£«Æ¤ ¶g⁄″¡]¥X |⁄@¶g⁄″¡ ^B»P†˜ 1¡B3¡B6 › ⁄°⁄ SOƒ ‹ ªs„ ¶Hfia⁄⁄† XŁ¡C £¶ifi †X‰˝» ƑU¶ ¥˝⁄ ˙œ¶q¥~¡A` ¿ fi fl¯SU†z−N Ł› fi » ›n¡A „⁄'¥ SY'°⁄ S ¥fi•—d• ¯@« ¡A¥H— fl`› fi ' ƒU¶ ¥q⁄S• ¯@» ¤D»P ¥ifl ″″• ¯@ ^D″″, ¤M⁄Łƒ¡‹ ª s⁄u¤ ª⁄S 'w»P·œ„ † ⁄ ¡A¥ ‹ ª s″ ¥ „ q , ¿ › fi ⁄S• N@¡A ,gƒP•N«ÆƒA¶ ±H ¤ ƒ › fi fia⁄⁄¡CƒU¶ ¥ ‹ q ª„ª¶H⁄S ¤ ƒ^ƒ‹† ƒp¡U¡C1 › ⁄°¡C36¥ ¡A62.07%¡B 3 › ª¡19¥ ¡A54.27%¡B6 › ª¡33¥ ¡A63.46%¡B12 › ª¡22¥ ¡A59.46%¡B18 › ª¡7G¥ ¡A

36.84%／。24 › ／°：5 ¥ ¡A33.33%。 ¤ ™fi˜«« H « g„w¥ ¿ ƒ ¡ ‹ ª ¤／¡Sk e·œfl † ƒX«H¡B fi˜« −o›n¤D¡]£\¡ 0.69−0.88¡F／”fiefi˜« ¡ACVI¡ 0.86fi˜… — ^`fip ˜ ¡Ap¡ 0.05¡^

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“ 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

" 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

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

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

〃 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)

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

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)			

〃 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				
	N	M	SD	Min	Max	N	M	SD	Min	Max	N	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

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

Variable	3 month post delivery					6 month post delivery				
	N	M	SD	Min	Max	N	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

" 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				
	N	M	SD	Min	Max	N	M	SD	Min	Max	N	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

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

Variable	12 month post delivery					18month post delivery					24 month post delivery				
	N	M	SD	Min	Max	N	M	SD	Min	Max	N	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

〞 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¡^	
④12 month post delivery	1.70¡].52¡^		1.48¡].74¡^		1.71¡].81¡^		1.94¡].51¡^		2.09¡].48¡^		2.17¡].67¡^		0.81¡].63¡^	
⑤18 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¡^	
⑥24 month post delivery	1.94¡].70¡^		1.38¡].71¡^		0.97¡].34¡^		2.14¡].52¡^		1.87¡].21¡^		2.20¡].48¡^		1.26¡].35¡^	

〞 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	Health-promoting lifestyle				Social support		Postpartum Depression		Low-fat Diet Habit		Low-fat Diet Habit	
	Stress management		Nutrition								Health Knowledge	
	Mean(SD)	F	Mean(SD)	F	Mean(SD)	F	Mean (SD)	F/¤˘« Æ æ,ß	Mean (SD)	F/¤˘« Æ æ,ß	Mean (SD)	F/¤˘« Æ æ,ß
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¡^	
④12 month post delivery	1.76¡].50¡^		1.78¡].49¡^		2.43¡].54¡^		1.27¡].65¡^		2.30¡].50¡^		2.88¡].62¡^	
⑤18 month post delivery	2.10¡].43¡^		1.97¡].31¡^		2.79¡].27¡^		1.01¡].30¡^		2.56¡].69¡^		2.99¡].40¡^	
⑥24 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

〝 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	Low-fat Diet Habit									
	Health Skill		Nutrition Knowledge		Nutrition Skill		Safety Knowledge		Safety Skill	
	Mean (SD)	F/¤˘« Æ æ,ß	Mean (SD)	F/¤˘« Æ æ,ß	Mean (SD)	F/¤˘« Æ æ,ß	Mean (SD)	F	Mean (SD)	F/¤˘« Æ æ,ß
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¡^	
④12 month post delivery	2.72¡].70¡^		3.13¡].58¡^		3.15¡].57¡^		3.26¡].59¡^		3.22¡].56¡^	
⑤18 month post delivery	3.14¡].38¡^		3.31¡].47¡^		3.02¡].68¡^		3.41¡].45¡^		3.40¡].47¡^	
⑥24 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

〝 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 Mean (SD)	Mail Surveyed Mean (SD)	t	Home Visited Mean (SD)	Mail Surveyed Mean (SD)	t	Home Visited Mean (SD)	Mail Surveyed Mean (SD)	t
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