

The relationship between perception and measurement of body constitution

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The aims of this study were to investigate and compare between perception and measurement of body constitution. A cross-sectional research was designed. A total of 459 participants were purposively selected from central Taiwan between March and September in 2009. The inclusion criteria included 1) aged 20-60years, 2) free of systemic diseases, 3) agree to participate with signed informed consents. Data were collected by structured questionnaires including demographic data, perceived of body constitution pattern and measurement scales of Yang-Xu body constitution (BCQ +) and Yin-Xu body constitution (BCQ -). Perceive body constitution pattern is based on TCM for the classification of body constitution properties, including normal, cold, heat, cold-heat complex pattern and unknown. All data were collected and analyzed by descriptive statistics and one-way analysis of variance (ANOVA) with post hoc comparisons.

Results showed that 13.9% of participants perceived their own body constitution pattern to be normal. Most of participants (34.6%) perceived to have cold pattern. The second most (22.4%) perceived to be heat pattern. Participants who perceived themselves to be normal pattern had significantly different BCQ - as compared with other patterns in these parameters ($p < 0.01$). In the participants with measurement of BCQ + , those who perceived to have normal pattern had lower score than cold, heat, cold-heat complex and unknown pattern, while heat pattern also had lower score than cold pattern ($p < 0.01$).

This study results provide important evidence confirming that the participants perceived to have cold, heat and cold-heat complex pattern while the situation of Yang-Xu and Yin-Xu body constitution will become more serious. Therefore, nursing care incorporates health guideline to improve the individuals' Yang-Xu and Yin-Xu body constitution self-care measures. This will strengthen the concept of body constitution of persons in order to promote health and prevent diseases.