

Exporting the Relationship Between Pre-pregnancy Body Constitution Type and Discomfort in the First Trimester

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Background

The first trimester in pregnancy often appear physiological and psychological symptoms which effect maternal and fetal health. Traditional Chinese medicine considered that disease can be prevented by adjusting body constitution.

Objectives

To understand the relationship between the pre-pregnancy body constitution type and discomfort in the first trimester.

Methods

A cross-sectional study was conducted. Excluding the complications from pregnancy and delivery, a total of 118 postpartum women with normal spontaneous delivery were recruited from a hospital in central Taiwan. After informed consent was obtained, participants completed the questionnaires anonymously. A structural questionnaire includes 1. TCM body constitution with subscales of Yang-Xu, Yin-Xu, and Stasis constitution, 2. The assessment of discomfort symptoms in the first trimester; and 3. demographic data. This instrument has been tested the reliability and validity. The internal consistency of subscales of Yang-Xu, Yin-Xu, and Stasis constitution were 0.88, 0.85, 0.88 using Cronbach's α coefficient.

Results

The mean age of 118 participants was 30.3 (SD=3.9). The average score of discomfort in the first trimester was 12.9 (SD=5.9). There are 57 participants who have Yang- Xu constitution (48.3%; when cut point is 30.5), 59 participants who have Yin-Xu constitution (50.0% ; when cut point is 29.5), 45 participants who have Stasis constitution (38.1% ; when cut point is 26.5) in pre-pregnancy. The discomfort in the first trimester was related with participants' occupation, and participants have or not have Yang- Xu, Yin-Xu, and Stasis constitution in pre-pregnancy ($p<0.05$). Liner regression analysis revealed that occupation, participants have or not have Yin-Xu and Stasis constitution in pre-pregnancy associated with discomfort in the first trimester ($p<0.05$).

Conclusions

The result suggests that body constitution measurement can bring into women's premarital health screening. Early intervention can regulate the body constitution that can prevent discomfort in the first trimester.

Table 1. Discomfort in the first trimester correlated with type of pre-pregnancy body constitution using multivariate linear regression adjusted for age and occupation

variables	$\beta \pm SD$	Beta	t	p-value
Constant	14.21 \pm 4.06		3.51	.001
Yang-Xu	-1.02 \pm 1.42	-0.87	-.72	.471
Yin-Xu	3.43 \pm 1.28	.29	2.69	.008**
Stasis	3.60 \pm 1.38	.30	2.62	.010*
Age	-0.009.3 \pm .12	-.01	-.08	.940
Occupation	-1.85 \pm .74	-.20	-2.49	.014*

* : $P<0.05$, ** : $P<0.01$

