

Response to Comment on: Attitudes and Barriers to Physical Activity and Exercise Self-Efficacy Among Chinese Pregnant Women: A Cross-Sectional Study [Response to Letter]

Xingchen Shang^{1,2}, Linfei Ye¹, Lin Li³

¹School of Nursing, Yangzhou University, Yangzhou, People's Republic of China; ²School of Nursing, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Hong Kong, People's Republic of China; ³Department of Nursing, The Affiliated Hospital of Yangzhou University, Yangzhou, People's Republic of China

Correspondence: Xingchen Shang, Email 007210@yzu.edu.cn

Dear editor

Thank you for allowing us to respond to the comments made by Milka Madhale et al¹ in their letter to the editor about our published paper titled “Attitudes and Barriers to Physical Activity and Exercise Self-Efficacy Among Chinese Pregnant Women: A Cross-Sectional Study”.²

Our study summarized the barriers to prenatal physical activity and exercise from the 3 domains (intrapersonal, interpersonal, and environmental). Intrapersonal barriers included the proportion of feelings of tiredness, low energy, lack of interest or motivation, feelings of illness and morning sickness, and large body weight. Interpersonal barriers included pregnant women being advised to avoid physical activity and exercise, lack of clear advice about the intensity and dose of exercise, no one to exercise with, and lack of advice from healthcare professionals. Weather conditions were the most significant environmental barriers. We also considered the common barriers such as cultural beliefs, work commitment, childcare, responsibilities, weather, and lack of social support in the text (Table 2). Our study did not evaluate other barriers like worry about the mother's and baby's physical activity, lack of willpower, fear of injury, and lack of skill because the questionnaire did not include these items, which could be improved in further developing questionnaires on barriers to prenatal physical activity and exercise. Besides, qualitative research methods are also an excellent complement to the findings of this study.

We agree with Milka Madhale et al's opinions that education on some techniques in antenatal visits, like muscular relaxation techniques and yoga, is beneficial during pregnancy. We encourage physical activity during pregnancy, and even simple exercise may make a difference.

Disclosure

The authors declare no conflicts of interest for this communication.

References

1. Madhale M, Shinde S, Londhe S. Attitudes and barriers to physical activity and exercise self-efficacy among Chinese pregnant women: a cross-sectional study. *JMDH*. 2023;16:4161–4162. doi:10.2147/JMDH.S454912
2. Shang X, Ye L, Gu X, et al. Attitudes and barriers to physical activity and exercise self-efficacy among Chinese pregnant women: a cross-sectional study. *JMDH*. 2023;16:3561–3573. doi:10.2147/JMDH.S441210

Dove Medical Press encourages responsible, free and frank academic debate. The content of the Journal of Multidisciplinary Healthcare 'letters to the editor' section does not necessarily represent the views of Dove Medical Press, its officers, agents, employees, related entities or the Journal of Multidisciplinary Healthcare editors. While all reasonable steps have been taken to confirm the content of each letter, Dove Medical Press accepts no liability in respect of the content of any letter, nor is it responsible for the content and accuracy of any letter to the editor.

Journal of Multidisciplinary Healthcare

Dovepress

Publish your work in this journal

The Journal of Multidisciplinary Healthcare is an international, peer-reviewed open-access journal that aims to represent and publish research in healthcare areas delivered by practitioners of different disciplines. This includes studies and reviews conducted by multidisciplinary teams as well as research which evaluates the results or conduct of such teams or healthcare processes in general. The journal covers a very wide range of areas and welcomes submissions from practitioners at all levels, from all over the world. The manuscript management system is completely online and includes a very quick and fair peer-review system. Visit <http://www.dovepress.com/testimonials.php> to read real quotes from published authors.

Submit your manuscript here: <https://www.dovepress.com/journal-of-inflammation-research-journal>

<https://doi.org/10.2147/JMDH.S458194>