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| **Title** | **Authors** | **Year Published** | **Type of Study** | **Description** | **Country** |
| Physical Activity Before Pregnancy and Following Childbirth in a Multiethnic Sample of Healthy Women in Hawaii | Albright, et al. | 2005 | Retrospective, Qualitative | This study compared pre-pregnancy regular, leisure-time physical activity levels, reported retrospectively, with current levels of physical activity in women who had a child in the previous 2 – 18 month period. Differences were tested among ethnic groups in physical activity reported before and after childbirth. Lifestyle and family issues the new mothers faced, with respect to both the barriers and the facilitators they experienced when trying to be physically active were also examined. | The United States |
| Increasing physical activity in postpartum multiethnic women in Hawaii: results from a pilot study | Albright, et al. | 2009 | Pilot Study | Based on the results from prior focus groups, the authors of this study used a social cognitive theory/transtheoretical model-based physical activity intervention that included telephone counseling, pedometers, referrals to community physical activity resources, social support, email advice, and newsletters, which were tailored to postpartum women. The purpose of this study was to test the efficacy of this intervention to increase minutes per week of moderate to vigorous leisure-time physical activity over two months. One of the theory-based mediators of behavior changed measured as an outcome was barriers to regular physical activity. | The United States |
| What barriers thwart postpartum women’s Physical Activity goals during a 12-month intervention? A process evaluation of the Nā Mikimiki Project | Albright, et al. | 2015 | A process evaluation of a randomized control trial | This study looked at the effects telephone counseling over 12-months had on increasing moderate to vigorous intensity physical activity among postpartum women. The barriers to exercise were recorded over the course of three phases (1st month, 2nd – 3rd month, and 4th- 12th month). | The United States |
| Understanding Exercise Self-Efficacy and Barriers to Leisure-Time Physical Activity Among Postnatal Women | Cramp & Bray | 2011 | Qualitative | This study had two major objectives: to qualitatively examine mothers’ perceived barriers to leisure time physical activity at multiple time points during a 6-month window following the birth of their children (i.e. postnatal week 1, 18, 24, and 30) and to examine the relationship between self-efficacy perceptions and postnatal leisure time physical activity. | Canada |
| Physical Activity Beliefs, Barriers, and Enablers Among Postpartum Women | Evenson, et al. | 2009 | Qualitative | The objective of this study was to document self-reported beliefs, barriers, and enablers to physical activity among a cohort of women queried at 3- and 12-months post-partum. Five questions about beliefs and two open-ended questions about their main barriers and enablers regarding physical activity and exercise were asked. | The United States |
| New Mothers’ Views of Weight and Exercise | Groth & David | 2008 | Exploratory, Qualitative | The purpose of this study was to describe the attitudes and preferences of ethnically diverse, new mothers on weight and exercise of women like them. The women were interviewed during the first year of childbirth regarding beliefs about weight, choices of exercise, walking for exercise, perceived benefits, barriers, and facilitators of exercise. | The United States |
| Is general or specific exercise recommendation more effective for promoting physical activity among postpartum mothers? | Mailey & Hsu | 2017 | Comparative Effectiveness Trial | This trial examined the effects of a behavior change intervention supplemented by a general or specific exercise recommendation on physical activity among postpartum mothers. Physical activity, self-efficacy, planning, and barriers were assessed at baseline, post-intervention, and 6-month follow-up. | The United States |
| Perceived barriers and enablers of physical activity in postpartum women: a qualitative approach | Saligheh, et al. | 2016 | Face-to-Face Qualitative | The aim of this study was to provide an in-depth understanding of women’s beliefs about physical activity and exercise participation during the postpartum period (6 weeks to 12 months) by incorporating the social-ecological framework. The study took a cohort of 14 postpartum women from a previous survey study of the barriers and enablers to exercise participation and conducted in-home interviews to further understand the depth and context of the results from the original survey regarding barriers, beliefs, and enablers of physical activity. | Australia |
| Enhanced Curriculum Intervention Did Not Result in increased Postnatal Physical Activity in Rural, Southern, Primarily African American Women | Thomson, et al. | 2019 | Randomized 2-Arm Parallel Controlled Trial | The purpose of this study was to test the impact of an enhanced home visiting curriculum on postnatal physical activity in rural, southern, primarily African American mothers. The women were randomized to standard home visiting curriculum or lifestyle enhanced home visiting curriculum (Parents as Teachers curriculum – culturally tailored, maternal weight management, and early childhood obesity prevention components). Physical activity behavior and related psychosocial constructs including attitudes, expectations, self-efficacy, social support, and barriers were measured; psychosocial factors, including barriers, were measured at postnatal months 1 and 12. | The United States |
| Correlates of Self-Reported Physical Activity at 3- and 12- Months Postpartum | Vladutui, et al. | 2015 | Prospective Cohort | The objective of this study was to identify correlates of self-reported total and recreational moderate to vigorous physical activity at 3 and 12 months postpartum among a cohort of women enrolled in the Pregnancy, Infection, and Nutrition (PIN) Postpartum Study. Correlates were identified according to the socio-ecological framework and represented intrapersonal and interpersonal measures that may positively or negatively influence physical activity participation (i.e. barriers or enablers). | The United states |