

1. Record Nr.	UNISA996201263803316
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Titolo	Effects of antenatal exercise on psychological well-being, pregnancy and birth outcome [[electronic resource] /] / Jean Rankin
Pubbl/distr/stampa	London, : Whurr, 2002
ISBN	1-282-12302-5 9786612123023 0-470-69926-4 0-470-69867-5
Descrizione fisica	1 online resource (214 p.)
Collana	Nursing research
Disciplina	618.24 618.244
Soggetti	Exercise for pregnant women Prenatal care
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Effects of Antenatal Exercise on Psychological Well-being, Pregnancy and Birth Outcome; Contents; Foreword; Preface; Acknowledgements; Glossary of terms; CHAPTER 1; Introduction; CHAPTER 2; Review of the literature; CHAPTER 3; Research methodology; CHAPTER 4; Results; CHAPTER 5; Discussion; CHAPTER 6; Conclusions; Appendices; References; Index
Sommario/riassunto	Pregnancy is a time when women need to be prepared mentally and physically to meet the challenges of childbirth and the transitions to parenthood. However, this needs to be within the realms of safe practice. The study on which this book is based is derived from the author's work as a midwife with a special interest in exercise. The main aims of the study were to investigate the effects of undertaking a regular exercise programme during and following pregnancy on psychological well-being, pregnancy and birth outcomes. Data were collected at three time points during and following pregnancy usin