

## REFERENCES

- Affonso, D. D., Walpole, J., Akamatsu, T. J., & Bonica, J. J. (1979). Management of pain associated with labor and birth. In A. L. Clark, D. D. Affonso & T. R. Harris (Eds.), *Childbearing: A nursing perspective* (2nd ed., pp. 417-450). Philadelphia, PA: F. A. Davis Company.
- Ahmed, F., McRae, J. A., & Ahmed, N. (1990). Factors associated with not receiving adequate prenatal care in an urban black population: Program planning implications. *Social Work Health Care, 14*, 107-123.
- Allen-Logosso, J. (2003). Yoga and pregnancy: First trimester [Electronic Version]. Retrieved March 12, 2003 from [http://www.mothers-in-motion.com/exercise\\_and\\_pregnancy/JenniferLogosso1.asp](http://www.mothers-in-motion.com/exercise_and_pregnancy/JenniferLogosso1.asp).
- Almgren, P. E., Nilsson, A., & Uddenberg, N. (1972). The psychological factors in childbirth. *Lakartidningen, 69*, 3126-3135.
- American College of Obstetricians and Gynecologists. (1994). Exercise during pregnancy and the postpartum period (ACOG Technical Bulletin Number 189). *International Federation Gynecologist Obstetricians, 45*(1), 65-70.
- American Yoga Association. (2001). Pain management with yoga [Electronic Version]. Retrieved September 12, 2004 from <http://www.americanyogaassociation.org/onesheets/18pain.html>.
- Anonymous. (1998). Midwifery management of pain in labor. *Journal of Nurse-Midwifery, 43*, 77-82.

- Artal, R., O' Toole, M., & White, S. (2003). Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. *British Journal of Sports Medicine*, 37(1), 6-12.
- Astbury, J. (1980). The crisis of childbirth: Can information and childbirth education help? *Journal of Psychosomatic Research*, 24, 9–13. doi: 10.1016/0022-3999(1080)90069-90060.
- Bailey, L. (1983). The effects of live music versus tape-recorded music on hospitalized cancer patients. *Journal of Music Therapy*, 3(1), 17-28.
- Balaskas, J. (2003). *Preparing for birth with yoga*. London: Harper Collins Publisher Ltd.
- Baosoung, C. (1983). *Effects of Panned Instruction and Touch on Anxiety Reduction and Stress Coping Behavior during Labor*. Unpublished master thesis, Mahidol University, Bangkok, Thailand.
- Barnum, B. J. S. (1994). *Nursing theory: Analysis, application, evaluation* (4th ed.). Philadelphia, PA: J. B. Lippincott Company.
- Barrett, E. A. M. (1998). A Rogerian practice methodology for health patterning. *Nursing Science Quarterly*, 11(4), 136-138.
- Bastille, J. V., & Gill-Body, K. M. (2004). A yoga-based exercise program for people with chronic poststroke hemiparesis. *Physical Therapy*, 84(1), 33-48.
- Bates, M. S. (1987). Ethnicity and pain: A biocultural model. *Social Science & Medicine*, 24, 47-50.
- Beck, C. T. (2004). Birth Trauma: In the eye of the beholder. *Nursing Research*, 53, 28-35.

- Berg, T. G., & Rayburn, W. F. (1992). Effects of analgesia on labor. *Clinical Obstetrics and Gynecology*, 35(3), 457-463.
- Bielawska-Batorowicz, E., & Machala, M. (2001). State trait anxiety and fear of labor in first and subsequent pregnancy. *Quality of Life Newsletter*, 26, 13-16.
- Bing, E. (1967). *Six practical lessons for an easier childbirth*. New York: Bantam Books.
- Birkel, D. A., & Edgren, L. (2000). Hatha yoga: Improved vital capacity of college students. *Alternative Therapies in Health and Medicine*, 6(6), 55-63.
- Bonica, J. J. (1990). Anatomic and physiologic basis of nociception and pain. In J. J. Bonica (Ed.), *The management of pain* (2nd ed., pp. 28-94). Philadelphia, PA: Lea & Febiger.
- Bonica, J. J., & McDonald, J. S. (1990). The pain of childbirth. In J. J. Bonica (Ed.), *The management of pain* (2nd ed., pp. 1313-1343). Philadelphia, PA: Lea & Febiger.
- Braden, C. J., Mishel, M., Longman, A., & Burn, L. (1989). *Nurse interventions promoting self-help responses to breast cancer*. Washington, DC: National Cancer Institute.
- Bradle, J. (1985). *Length of labor of primiparas who attend exercise classes versus length of labor of primiparas who do not attend exercise classes*. Unpublished master's thesis, University of Alabama School of Nursing, Birmingham.
- Brennan, B. A. (1987). *Hands of light: A guide to heal through the human energy field*. New York, NY: Bantam Books.

- Brislin, R. W. (1980). Translation and content analysis of oral and written materials. In H. C. Triandis & J. W. Berry (Eds.), *Handbook of cross-cultural psychology: Methodology* (Vol. 2, pp. 389–444). Boston: Allyn and Bacon, Inc. .
- Brown, S. T., Campbell, D., & Kurtz, A. (1989). Characteristics of labor pain at two stages of cervical dilatation. *Journal of Pain Symptom Management*, 38, 289-295.
- Bryman, A., & Cramer, D. (2002). *Quantitative data analysis with SPSS Release 10 for Windows: A guide for social scientists*. New York, NY: Routledge.
- Buening, J. A. (1993). Human energy fields and birth: Implications for research and practice. *Advances in Nursing Science*, 15(4), 53-59.
- Burkett, L. N., Todd, M. A., & Adams, T. (2006). Yoga and distractibility. *Journal of Bodywork and Movement Therapies*, 10, 276-286.
- Butcher, H. K., & McFarland, G. K. (1991). Conceptual frameworks for psychiatric mental health nursing practice. In G. K. McFarland & M. D. Thomas (Eds.), *Psychiatric mental health nursing: Application of nursing process*. Philadelphia, PA: J. B. Lippincott.
- Callister, L. C. (1993). The role of the nurse in childbirth: Perceptions of the childbearing woman. *Clinical Nurse specialist*, 7(6), 288-293, 317.
- Carlson, C. R., & Nitz, A. J. (1991). Negative side effects of self regulation-training: Relaxation and the role of the professional in service delivery. *Biofeedback and Self-Regulation*, 16(2), 191-197.
- Carney, R. M. (1983). Clinical applications for relaxation training. *Hospital Practice*, 18(7), 83-94.

- Celebi, M. S. (2003). Yoga in Pregnancy [Electronic Version]. Retrieved February 11, 2003 from  
[http://www.ytme.co.uk/Pregnancy/Articles/Yoga\\_in\\_Pregnancy/\\_yoga\\_in\\_pregnancy\\_.html](http://www.ytme.co.uk/Pregnancy/Articles/Yoga_in_Pregnancy/_yoga_in_pregnancy_.html).
- Cella, D. F., & Perry, S. W. (1986). Reliability and concurrent validity of three visual analogue mood scales. *Psychological Reports*, 59, 827-833.
- Chamberlain, G., Wraight, A., & Steer, P. (eds.). (1993). *Pain and its relief in childbirth. The results of a national survey conducted by the National Birthday Trust*. Edinberg: Churchill Livingstone.
- Chan, L., & Liu, J. B. (1993). Obstetric management of labor. In M. C. Norris (Ed.), *Obstetric anesthesia* (pp. 227-254). Philadelphia, PA: J. B. Lippincott Company.
- Chang, M. Y., Wang, S. Y., & Chen, C. H. (2002). Effects of massage on pain and anxiety during labor: A randomized controlled trial in Taiwan. *Journal of Advanced Nursing*, 38(1), 68-73.
- Chapman, C. R., & Gavrin, J. (1993). Suffering and its relationship to pain. *Journal of Palliative Care*, 9(2), 5-13.
- Clapp, J. F. (1990). The course of labor after endurance exercise during pregnancy. *American Journal of Obstetrics and Gynecology*, 163(6), 1799-1805.
- Clapp, J. F. (1996). The effect of continuing regular endurance exercise on the physiologic adaptation to pregnancy and pregnancy outcome. *American Journal of Sports Medicine*, 24(6), S28-S29.
- Clapp, J. F., & Dickstein, S. (1984). Endurance exercise and pregnancy outcome. *Medical Science in Sports Exercise*, 16, 556-562.

- Cogan, R., & Spinnato, J. A. (1986). Pain and discomfort thresholds in late pregnancy. *Pain*, 27, 63-68.
- Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd ed.). New Jersey: Lawrence Erlbaum Associates, Publishers.
- Cohen, J. A. (1995). Bilateral orbital varices associated with habitual bending. *Archive Ophthalmology*, 113, 1360-1361.
- Collins, C. (1998). Yoga: Intuition, preventive medicine, and treatment. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 27(5), 563-568.
- Collins, C. A., Curet, L. B., & Mullin, J. P. (1983). Maternal and Fetal responses to a maternal aerobic exercise program. *American Journal of Obstetrics and Gynecology*, 145, 702-707.
- Cook, T. D., & Campbell, D. T. (1979). *Quasi-experimentation: Design & analysis issues for field settings*. Boston, M. A: Houghton Mifflin.
- Copper, R. L., Goldenberg, R. L., Das, A., Elder, N., Swain, M., Norman, G., et al. (1996). The preterm predicting study: Maternal stress is associated with spontaneous preterm birth at less than thirty-five weeks' gestation. National Institute of Child Health and Development Maternal-Fetal Medicine Units Network. *American Journal of Obstetrics and Gynecology*, 175, 1286-1292.
- Cotzias, C. S., Paterson-Brown, S., & Fisk, N. M. (2001). Obstetricians say yes to maternal request for elective caesarean section: A survey of current opinion. *European journal of obstetrics, gynecology, and reproductive biology*, 97, 15-16.
- Coulter, H. D. (2001). *Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners*. Honesdale, PA: Body and Breath Inc.

- Cowling, W. R. (1990). A template for unitary pattern-based nursing practice. In E. A. M. Barrett (Ed.), *Visions of Rogers' science-based nursing* (pp. 48-65). New York, NY: National League for Nursing Publication 15-2285.
- Creehan, P. A. (1996). Pain relief and comfort measures during labor. In K. R. Simpson & P. A. Creehan (Eds.), *AWHONN: Perinatal nursing* (pp. 227-245). Philadelphia, PA: Lippincott-Raven Publishers.
- Cunningham, F., Gant, N., Leveno, K., Gilstrap, L., Hauth, J., & Wenstrom, K. (2001). In *Williams obstetrics* (21st ed., pp. 361-383). New York: McGraw Hill.
- Curry, M. A. (1990). Factors associated with adequate prenatal care. *Journal of Community Health Nursing*, 7(4), 245-252.
- Davenport-Slack, B., & Boylan, C. (1974). Psychological correlates of childbirth and pain. *Psychosomatic Medicine*, 36, 215-233.
- Davis, D. C. (1996). The discomforts of pregnancy. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 25(1), 73-81.
- Davis, G. C. (1998). Nursing's role in pain management across the health care continuum. *Nursing Outlook*, 46(1), 19-23.
- DiDona, N. A., Marks, M. G., & Kumm, R. (1996). *Introductory maternal-newborn nursing*. Philadelphia, PA: J. B. Lippincott Company.
- Diers, D. (1979). *Research in nursing practice*. Philadelphia, PA: J. B. Lippincott Company.
- Dowd, T., Kolcaba, K., & Steiner, R. (2003). The addition of coaching to cognitive strategies: Interventions for person with compromised urinary bladder syndrome. *Journal of Wound, Ostomy, and Continence Nursing*, 30(2), 90-99.

- Duncombe, D., Skouteris, H., Wertheim, E. H., Kelly, L., Fraser, V., & Paxton, S. J. (2006). Vigorous exercise and birth outcomes in a sample of recreational exercisers: A prospective study across pregnancy *The Australian and New Zealand Journal of Obstetrics and Gynaecology*, 46(4), 288-292.doi:210.1111/j.1479-1828X.2006.00594.x
- Dunkel-Schetter, C. (1998). Maternal stress and preterm delivery. *Prenatal Neonatal Medicine*, 3, 39-42.
- Dunn, C. M., & Chadwick, G. (1999). *Protecting study volunteers in research: A manual for investigative sites*. Boston: Center Watch, Inc.
- Eustace, T. D. (1978). Cognitive, attitudinal, and socioeconomic factors influencing parents' choice of childbirth procedure. *Dissertation Abstracts International*, 39, 1474B.
- Fenwick, J., Hauck, Y., Downie, J., & Butt, J. (2005). The childbirth expectations of a self-selected cohort of Western Australian women. *Midwifery*, 21, 23-35.
- Field, A. (2005). *Discovering statistics using SPSS* (2nd ed.). London: Sage.
- Fitch, M. I., Gray, R. E., Greenberg, M., Labrecque, M., & Douglas, M. S. (1999). Nurses' perspective on unconventional therapies. *Cancer Nursing*, 22(3), 238-245.
- Fontaine, K. L. (2000). *Healing Practice: Alternative therapies for nursing*. New Jersey: Prentice-Hall, Inc.
- Frawley, D. (1997). Pratyahara: Yoga's forgotten limb. *Yoga International*, 33, 32-37.
- Fridh, G., Kopare, T., Gaston-Johansson, F., & Norvell, K. T. (1988). Factors associated with more intense labor pain. *Research in Nursing & Health*, 11, 117-124.

- Friedman, L. M., Furberg, C. D., & DeMets, D. L. (1998). *Fundamentals of clinical trials* (3rd ed.). New York, NY: Springer.
- Garfinkel, M. S., & Schumacher, H. R. (2000). Yoga. *Rheumatic Diseases Clinics of North America*, 26(1), 125-132.
- Garfinkel, M. S., Schumacher., H. R., Husain, A., Levy, M., & Reshetar, R. A. (1994). Evaluation of a yoga based regimen for treatment of osteoarthritis of the hands. *The Journal of Rheumatology*, 21, 2341-2343.
- Garfinkel, M. S., Singhal, A., Katz, W. A., Allan, D. A., Reshetar, R., & Schumacher, H. R. (1998). Yoga-based intervention for carpal tunnel syndrome: A randomized trial. *JAMA*, 280(18), 1601-1603.
- Gaston-Johansson, F., Fridh, G., & Norvell, K. T. (1988). Progression of labor pain in nulliparas and multiparas. *Nursing Research*, 37(2), 86-90.
- Gates, B. (1994). The use of complementary and alternative therapies in health care: A selective review of the literature and discussion of the implication for nurse practitioners and health-care manager. *Journal of Clinical Nursing*, 3, 43-47.
- Gennaro, S. (1988). The childbirth experience. In F. H. Nichols & S. S. Humenick (Eds.), *Childbirth education: Practice, research, and theory* (pp. 52-68). Philadelphia, PA: W. B. Saunders Company.
- Gentz, B. A. (2001). Alternative therapies for the management of pain in labor and delivery. *Clinical Obstetrics and Gynecology*, 44(4), 704-732.
- Gerber, R. (1988). *Vibrational medicine*. Santa Fe, NM: Bear & Co.
- Gift, A. G. (1989). Visual analogue scales: Measurement of subjective phenomena. *Nursing Research*, 38(5), 286-290.

- Gintzler, A. R., & Komisaruk, B. R. (1991). Analgesia is produced by uterocervical mechano-stimulation in rats: Roles of afferent nerves and implications for analgesia of pregnancy and parturition. *Brain Research*, 566, 299-302.
- Gintzler, A. R., & Liu, N. J. (2001). The maternal spinal cord: Biochemical and physiological correlates of steroid-activated antinociceptive processes. *Progress in Brain Research* 133, 83-97.
- Glassey, D. (2002). Why yoga works [Electronic Version]. Retrieved June 1, 2005 from <http://www.healtouch.com/csft/yoga.html>.
- Good, M. (1998). A middle-range theory of acute pain management: Use in research. *Nursing Outlook* 46(3), 120-124.
- Good, M., Anderson, G. C., Stanton-Hicks, M., Grass, J. A., & Makii, M. (2002). Relaxation and music reduce pain after gynecologic surgery. *Pain Management Nursing*, 3(2), 61-70.
- Gore, M. M. (1997). *Anatomy and physiology of yogic practices* (2nd ed.). Pune: Dilip Majgaonkar.
- Grajeda, R., & Perez-Escamilla, R. (2002). Stress during labor and delivery is associated with delayed onset of lactation among urban Guatemalan women. *The Journal of Nutrition*, 132, 3055-3060.
- Green, S. B., Salkind, N. J., & Akey, T. M. (2000). *Using SPSS for windows: Analyzing and understanding data* (2nd ed.). Upper Saddle River, NJ: Prentice Hall.
- Greene, J. A. (1997). Anxiety disorders. In B. S. Johnson (Ed.), *Adaptation and growth: Psychiatric and mental health nursing* (4th ed., pp. 453-469). Philadelphia, PA: Lippincott.

- Greenfield, R. H. (2002). Yoga. In W. Kohatsu (Ed.), *Complementary and alternative medicine secrets*. Philadelphia, PA: Hanley & Belfus, Inc.
- Grossi, E., Borghi, C., & Montanari, M. (1985). Measurement of pain: Comparison between visual analogue scale and analogue chromatic continuous scale. In H. L. Fields, R. Dubner & F. Cerveto (Eds.), *Advance in pain research and therapy* (pp. 589-616). New York: Raven.
- Hack, M., Breslau, N., Weissman, B., Aram, D., Klein, N., & Borawski, E. (1991). Effect of very low birth weight and subnormal head size on cognitive abilities at school age. *New England Journal of Medicine*, 325, 231-237.
- Hall, D. C., & Kaufmann, D. A. (1987). Effects of aerobic and strength conditioning on pregnancy outcomes. *American Journal of Obstetrics and Gynecology*, 157, (5), 1199-1203.
- Hanus, S. H., Homer, T. D., & Harter, D. H. (1977). Vertebral artery occlusion complicating yoga exercises. *Archives of Neurology*, 34(9), 574-575.
- Hardy, L., Jones, G., & Gould, D. (1996). *Understanding psychological preparation for sports: Theory and practice of elite performers*. Chichester: Wiley.
- Harrison, R. F., Woods, T., Shore, M., Mathews, G., & Unwin, A. (1986). Pain relief in labor using transcutaneous electrical nerve stimulation (TENS). A TENS/TENS placebo controlled study in two parity groups. *British Journal of Obstetrics and Gynaecology*, 93, 739-746.
- Hartranft, C. (2003). *The Yoga-Sutra of Patanjali*. Boston: Shambhala.
- Heffernan, A. E. (2000). Exercise and pregnancy in primary care. *Nurse practitioner*, 25(3), 42-60.

- Hodnett, E. (1996). Nursing support of the laboring woman. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 25(3), 257-264.
- Hoekstra, L. S. (1994). Exploring the scientific bases for holistic nursing. *Journal of Nursing Connections*, 7(3), 5-14.
- Horns, P. N., Ratcliffe, L. P., Leggett, J. C., & Swanson, M. S. (1996). Pregnancy outcomes among active and sedentary primiparous women. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 25(1), 49-54.
- Hover-Kramer, D. (1996). *Healing touch: A resource for health care professionals*. Albany, NY: Delmar.
- Howell, C. J. (1998). Epidural vs non-epidural analgesia in labor (Cochrane Review). In *The Cochrane Library. Issue 2*. Oxford: Update software.
- Huber, D. L., Hall, J. A., & Vaughn, T. (2001). Dose of case management interventions. *Lippincott's Case Management: Managing the Process Patient Care*, 6(3), 119-126.
- Huizink, A. C., Mulder, E. J. H., Robles de Medina, P. G., Visser, G. H. A., & Buitelaar, J. K. (2004). Is pregnancy anxiety a distinctive syndrome? . *Early Human Development*, 1-11: doi: 10.1016/j.earlhumdev.2004.1004.1014.
- Humara, M. (2001). The relationship between anxiety and performance: A cognitive-behavioral perspective [Electronic Version]. Retrieved October 26, 2004 from [http://www.athleticinsight.com/Vpl1Iss2/Cognitive\\_Behavioral\\_Anxiety.htm](http://www.athleticinsight.com/Vpl1Iss2/Cognitive_Behavioral_Anxiety.htm).
- Hundley, V., Gurney, E., Graham, W., & Rennie, A. M. (1998). Can anxiety in pregnant women be measured using the State-Trait Anxiety Inventory. *Midwifery*, 14(2), 118-121.
- Huskisson, E. C. (1974). Measurement of pain. *Lancet*, 2, 1127-1131.

- Huskisson, E. C. (1983). Visual analogue scales. In R. Melzack (Ed.), *Pain measurement and assessment*. New York: Raven Press.
- Iyengar, B. K. S. (1977). *Light on yoga*. New York: Schocken Books.
- Iyengar, B. K. S. (1997). *Light on pranayama: The yogic art of breathing*. New York: Crossroads Publishing.
- Jimenez, S. L. M. (1988). Supportive pain management strategies. In F. H. Nichols & S. S. Humenick (Eds.), *Childbirth education: Practice, research, and theory* (pp. 97-117). Philadelphia, PA: W. B. Saunders Company.
- Jimenez, S. L. M. (2000). Comfort and pain management. In F. H. Nichols & S. S. Humenick (Eds.), *Childbirth education: Practice, research and theory* (2nd ed., pp. 137-177). Philadelphia: W. B. Saunders.
- Jintanothaithavorn, D. (1993). *Antenatal care behavior and maternal and infant health*. Unpublished master thesis, Mahidol University, Bangkok, Thailand.
- Johanson, R., Newburn, M., & MacFarlane, A. (2002). Has the medicalisation of childbirth gone too far? *British Medical Journal*, 324, 892-895.
- Jordan, S. (1988). *Yoga for pregnancy*. New York: St. Martin's Press.
- Kanavacharakul, S. (1989). *Factors affecting maternal behavior in the slums of Bangkok metropolis*. Unpublished master thesis, Chulalongkorn University, Bangkok, Thailand.
- Kardong-Edgren, S. (2001). Using evidence-based practice to improve intrapartum care. *Journal of Obstetric, Gynecologic and Neonatal Nursing*, 30(4), 371-375.
- Kasatesomboon, P. (2001). Yoga for health: A cassette tape guidance [Thai Manuscript]. Songkhla, Thailand: Faculty of Nursing, Prince of Songkla University.

- Kendrick, J. M., & Simpson, K. R. (2001). Labor and birth. In K. R. Simpson & P. A. Creehan (Eds.), *AWHONN: Perinatal nursing* (2nd ed., pp. 298-377). Philadelphia, PA: Lippincott.
- Kennedy, R. B. (1976). Self-induced depersonalization syndrome. *American Journal Psychiatry, 133*, 1326-1328.
- Kennell, J., Klaus, M., McGrath, S., Robertson, S., & Hinkley, C. (1991). Continuous emotional support during labor in the US hospital: A randomized controlled trial. *Journal of the American Medical Association, 266*(17), 2197-2201.
- Kimura, H., Ohno, S., Kumano, H., & Kimura, K. (2000). Decrease in serum cortisol during yoga exercise is correlated with alpha wave activation. *Perceptual and Motor Skills, 90*, 1027-1032.
- Kishiyama, S., Carlsen, J., Lawrence, J., Small, E., Zajdel, D., & Oken, B. (2002). Yoga as an experimental intervention for cognition in multiple sclerosis. *International Journal of Yoga Therapy, 12*, 57-62.
- Kobat-Zinn, J. (1982). An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation. *General Hospital Psychiatry, 4*, 33-47.
- Koehn, M. L. (2000). Alternative and complementary therapies for labor and birth: An application of Kolcaba's theory of holistic comfort. *Holistic Nursing Practice, 15*(1), 66-77.
- Kolcaba, K. (2003). *Comfort theory and practice: A vision for holistic health care and research*. New York, NY: Springer Publishing Company, Inc.
- Kolcaba, K. Y. (1992). The concept of comfort in an environmental framework. *Journal of Gerontological Nursing, 18*(6), 33-38.

- Kolcaba, K. Y. (1994). A theory of holistic comfort for nursing. *Journal of Advanced Nursing*, 19, 1178-1184.
- Kolcaba, K. Y., & Kolcaba, R. J. (1991). An analysis of the concept of comfort. *Journal of Advanced Nursing*, 16(11), 1301-1310.
- Kolcaba, K. Y., & Steiner, R. (2000). Empirical evidence for the nature of holistic comfort. *Journal of Holistic Nursing*, 18(1), 46-62.
- Kremer, E., Atkinson, J. H., & Ignelzi, R. J. (1981). Measurement of pain: Patient preference does not confound pain measurement. *pain*, 10(2), 241-249.
- Krieger, D. (1979). *Therapeutic touch: How to use your hands to help or heal*. Englewood Cliffs, H.J: Prentice Hall, Inc.
- Kulpa, P. J., White, B. M., & Visscher, R. (1987). Aerobic exercise in pregnancy. *American Journal of Obstetrics and Gynecology*, 156, 1395-1403.
- Kuvalayananda, S., & Vinekar, S. L. (1994). *Yogic therapy* (1st ed.). New Delhi: Ministry of Health & Family Welfare.
- Lamaze, F. (1972). *Painless childbirth: The Lamaze method*. Chicago: Contemporary Books.
- Lasater, J. (1995). *Relax and renew: Restful yoga for stressful times*. Berkeley, CA: Rodmell Press.
- Lasater, J. (1997). The heart of Patanjali. *Yoga Journal*, 137, 134-144.
- Le Page, J. (2002). Creating yoga therapy classes and individual sessions that work. *International Journal of Yoga therapy*, 12, 13-23.
- Lederman, R., Lederman, E., Work, B. A., & McCann, D. S. (1978). The relationship of maternal anxiety, plasma catecholamines, and plasma cortisol to progress in labor. *American Journal of Obstetrics and Gynecology*, 132, 495.

- Lederman, R. P., Lederman, E., Work, B. A., & McCann, D. S. (1985). Anxiety and epinephrine in multiparous women in labor: Relationship to duration of labor and fetal heart rate pattern. *American Journal of Obstetrics and Gynecology*, 153(8), 870-871.
- Levin, J. S., & DeFrank, R. S. (1988). Maternal Stress and pregnancy outcome: A review of the psychosocial literature. *Journal of Psychosomatic Obstetrics and Gynaecology*, 9, 3-16.
- Lewandowski, W. A. (2004). Patterning of pain and power with guided imagery. *Nursing Science Quarterly*, 17(3), 233-241.
- Lia-Hoagberg, B., Rode, P., Skovholt, C., Oberg, C., Mullett, S., & Choi, T. (1990). Barriers and motivators to prenatal care among low-income women. *Social Science and Medicine*, 30(4), 487-495.
- Liamputpong, P., Yimyam, S., Parisunyakul, S., Baosoung, C., & Sansiriphan, N. (2005). Traditional belief about pregnancy and childbirth among women from Chiang Mai, Northern Thailand. *Midwifery*, 21, 139-153.
- Livingston, J. C. (1979). Music for the childbearing family. *Journal of Obstetric Gynecologic and Neonatal Nursing*, 8(6), 363-367.
- Lokey, E. A., Tran, Z. V., Wells, C. L., Myers, B. C., & Tran, A. C. (1991). Effects of physical exercise on pregnancy outcomes: a meta-analytic review. *Medicine and Science in Sports and Exercise*, 23(11), 1234-1239.
- Long, B. C. (1989). Pain. In B. C. Long & W. J. Phipps (Eds.), *Medical-surgical nursing: A nursing process approach* (2nd ed., pp. 170-187). St. Louis: The C. V. Mosby

- Lou, H. C., Hansen, D., Nordentoft, M., Pryds, O., Jensen, F., Nim, J., et al. (1994). Prenatal stressors of human life affect fetal brain development. *Developmental Medicine Child Neurology*, 36, 826-832.
- Lowe, N. K. (1987). Parity and pain during parturition. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 16(5), 340-346.
- Lowe, N. K. (1989). Explaining the pain of active labor: The importance of maternal confidence. *Research in Nursing & Health*, 12, 237-245.
- Lowe, N. K. (1992). Differences in first and second stage labor pain between nulliparous and multiparous women. *Journal of Psychosomatic in Obstetric and Gynecology*, 13, 243-253.
- Lowe, N. K. (1993). Maternal confidence for labor: Development of the childbirth self-efficacy inventory. *Research in Nursing & Health*, 16, 141-149.
- Lowe, N. K. (1996). The pain and discomfort of labor and birth. *Journal of Obstetric, Gynecologic and Neonatal Nursing*, 25(1), 82-92.
- Lowe, N. K. (2002). The nature of labor pain. *American Journal of Obstetrics and Gynecology*, 186(5), S16-S24.
- Ludington, E., & Dexter, F. (1998). Statistical analysis of total labor pain using the visual analogue scale and application to studies of analgesic effectiveness during childbirth. *Anesthesia & Analgesia*, 87(3), 723-727.
- Lundgren, I., & Dahlberg, K. (1998). Women's experiences of pain during childbirth. *Midwifery*, 14, 105-110.
- Mackey, M. C. (1998). Women's evaluation of the labor and delivery experience. *Nursing Connections*, 11, 19-32.

- MacLeod, C. (1990). Mood disorders and cognition. In M. W. Eysenck (Ed.), *Cognitive psychology : An international review*. Chichester: Wiley.
- Maes, M., Bosmans, E., & Ombelet, W. (2004). In the puerperium, primiparae exhibit higher levels of anxiety and serum peptidase activity and greater immune responses than multiparae. *The Journal of Clinical Psychiatry*, 65, 71-76.
- Maharana, S. (2006). *Integrated approach of yoga on pregnancy outcome*. Paper presented at the Kolkata Conference, December 25-27, 2006, The Vivekananda Yoga Anusandhana Samsthana (Research Foundation), The Heritage School, Kolkata, India.
- Malinski, V. M. (1993). Therapeutic touch: The view from Rogerian nursing science. *Journal of Rogerian Nursing Science*, 1(1), 45-54.
- Manocha, R., Marks, G. B., Kenchington, P., Peters, D., & Salome, C. M. (2002). Sahaja yoga in the management of moderate to severe asthma: A randomized controlled trial. *Thorax*, 57, 110-115.
- Mansoori, S., Adams, S., & Cheater, F. M. (2000). Choice of analgesia in labor on neonatal outcomes, delivery and maternal satisfaction with pain relief. *Clinical Effectiveness in Nursing*, 4, 11-19.
- Maxwell, C. (1978). Sensitivity and accuracy of the visual analogue scale. *British Journal of Clinical Pharmacology* 6, 15–24.
- McCaffery, M., & Beebe, A. (1989). *Pain: Clinical manual for nursing practice*. St. Louis: C. V. Mosby.
- McCrea, H., Wright, M. E., & Stringer, M. (2000). Psychosocial factors influencing personal control in pain relief. *International Journal of Nursing Studies*, 37, 493-503.

- McDonald, J. S. (2001). Pain of childbirth. In J. D. Loeser, S. H. Butler, C. R. Chapman & D. C. Turk (Eds.), *Bonica's management of pain* (3ed ed., pp. 1388-1414). Philadelphia, PA: Lippincott Williams & Wilkins.
- McGovern, K., Lockhart, A., Malay, P., et al. (eds.). (2003). *Nurse's Handbook of Alternative and Complementary Therapies* (2nd ed.). Philadelphia, PA: Lippincott Williams & Wilkins.
- McGuire, D. B. (1984). The measurement of clinical pain. *Nursing Research*, 33, 152-156.
- McIver, S., O' Halloran, P., & McGartland, M. (2004). The impact of hatha yoga on smoking behavior. *Alternative Therapies in Health and Medicine*, 10(2), 22-23.
- McMurray, R., Mottola, M., Wolfe, L., Artal, R., Millar, L., & Pivamik, J. (1993). Recent advances in understanding maternal and fetal responses to exercise. *Medical Science in Sports Exercise*, 25, 1305-1321.
- Meehan, T. C. (1993). Therapeutic touch and postoperative pain: A Rogerian research study. *Nursing Science Quarterly*, 6(2), 69-78.
- Meintz, S. L. (1995). Whatever became of the back rub? *Rehabilitation Nursing*, 58(4), 49-56.
- Melzack, R. (1975). The McGill pain questionnaire: Major properties and scoring methods. *Pain*, 1, 277-299.
- Melzack, R. (1987). The short-form McGill Pain Questionnaire. *Pain*, 30, 191-197.
- Melzack, R. (1993). Labor pain as a model of acute pain. *Pain*, 53, 117-120.
- Melzack, R., Kinch, R. A., Dobkin, P., Lebrun, M., & Taenzer, P. (1984). Severity of labor pain: Influence of physical as well as psychologic variables. *Canadian Medical Association Journal*, 130, S79-S84.

- Melzack, R., Taenzer, P., Feldman, P., & Kinch, R. A. (1981). Labor is still painful after prepared childbirth training. *Canadian Medical Association Journal, 125*, 357-363.
- Melzack, R., & Wall, P. D. (1965). Pain mechanisms: A new theory. *Science, 150*(2), 971-982.
- Melzack, R., & Wall, P. D. (1988). *The challenge of pain*. London: Penguin.
- Ministry of Public Health. (2002). *Thailand: Basic health, population and reproductive health information*. Bangkok: Ministry of Public Health.
- Mobily, P. R., Herr, K. A., & Nicholson, A. C. (1994). Validation of cutaneous stimulation interventions for pain management. *International Journal of Nursing Studies, 31*, 533-544.
- Mulder, E. J. H., Robles de Medina, P. G., Huizink, A. C., Van den Bergh, B. R. H., Buitelaar, J. K., & Visser, G. H. A. (2002). Prenatal maternal stress: Effects on pregnancy and the (unborn) child. *Early Human Development, 70*, 3-14.
- Murray, H. (1983). *Explorations in personality*. New York: Oxford Press.
- Myers, E. (1997). *Yoga and you*. Boston: Shambhala Press.
- Nagarathna, R., Nagendra, H. R., & Monro, R. (1990). *Yoga for a healthy lifestyle*. London: Gaia Books Limited.
- Nagendra, H. R. (1997). Yoga and holistic health. In S. R. Navami (Ed.), *Healthy mind, healthy body: New thoughts on health* (pp. 135-146). Channai: The president Sri Ramakrishna Math.
- Nagler, W. (1973). Vertebral artery obstruction by hyperextension of the neck: Report of three cases. *Archives of Physical Medicine and Rehabilitation, 54*(5), 237-240.

- Narendran, S., Nagarathna, R., Narendran, V., Gunasheera, S., & Nagendra, H. R. R. (2005). Efficacy of yoga on pregnancy outcome. *The Journal of Alternative and Complementary Medicine* 11(2), 237-244.
- Nespor, K. (1991). Pain management and yoga. *International Journal of Psychosomatics*, 38(1-4), 76-81.
- Nettelbladt, P., Fagerstrom, C. F., & Uddenberg, N. (1976). The significance of reported childbirth pain. *Journal of Psychosomatic Research*, 20, 215-221.
- Newman, M. (1986). *Health as expanding consciousness*. St. Louis: C. V. Mosby.
- Ning, Y., Williams, M. A., Dempsey, J. C., Sorensen, T. K., Frederick, I. O., & Luthy, D. A. (2003). Correlates of recreational physical activity in early pregnancy. *Journal of Maternal-Fetal & Neonatal Medicine*, 13(6), 385-393.
- Niranjanananda, S. S. (1997). Yoga and total health [Electronic Version]. Retrieved February 1, 2004 from  
<http://www.yogamag.net/archives/2002/1jan02/totheal.shtml>.
- Niven, C. A., & Gijsbers, K. (1996). Coping with labor pain. *Journal of Pain and Symptom Management*, 11(2), 116-125.
- Noble, E. (1983). *Childbirth with insight*. Boston: Houghton-Mifflin.
- Norr, K. L., Block, C. R., Charles, A., Meyering, S., & Meyers, E. (1977). Explaining pain and enjoyment in childbirth. *Journal of Health and Social Behavior*, 18, 260-275.
- Oken, B. S., Kishiyama, S., Zajdel, D., Bourdette, D., Carlsen, J., & Haas, M. (2004). Randomized controlled trial of yoga and exercise in multiple sclerosis. *Neurology*, 62, 2058-2064.
- Orem, D. E. (1985). *Nursing concept of practice* (3rd ed.). St. Louis: C. V. Mosby.

- Padilla, G. V., Presant, G., Grant, M. M., Metter, G., Lipsett, J., & Heide, F. (1983). Quality of life index for patients with cancer. *Research in Nursing & Health*, 6(3), 117-126.
- Panjwani, U., Gupta, H. L., Singh, S. H., Selvamurthy, W., & Rai, U. C. (1995). Effects of Sahaja yoga practice on stress management in patients of epilepsy. *Indian Journal of Physiological and Pharmacology*, 39(2), 111-116.
- Parke, T. J., & Kinsella, S. M. (1996). The effect of abdominal massage on the onset of epidural blockade in laboring women. *Anesthesia Analgesia*, 82(4), 887.
- Pathanapong, P. (1990). *Childbirth pain communicative behaviors among selected laboring Thai women*. Unpublished doctoral thesis, The University of Arizona, USA.
- Peck, C. L. (1986). Psychological factors in acute pain management. In M. J. Cousins & G. D. Phillips (Eds.), *Acute pain management* (pp. 251-274). New York: Churchill-Livingstone.
- Pender, N. J. (1982). *Health promotion in nursing practice*. Norwalk: Appleton & Lange.
- Peplau, H. (1963). A working definition of anxiety. In S. Burd & M. Marshall (Eds.), *Some clinical approaches to psychiatric nursing*. New York: Macmillan.
- Perla, L. (2002). Patient compliance and satisfaction with nursing care during delivery and recovery. *Journal of Nursing care Quality*, 16(2), 60-66.
- Petitti, D., Coleman, C., Binsacca, D., & Allen, B. (1990). Early prenatal care in urban black and white women. *Birth*, 17(1), 1-5.

- Phensuwan, P. (1997). *The study of health perceptions and self-care behaviors in mothers with adequate and inadequate prenatal care*. Unpublished master thesis, Mahidol University, Bangkok, Thailand.
- Phillips, J. R. (1990). Changing human potential and future visions of nursing: A human field image perspective. In E. A. M. Barrett (Ed.), *Visions of Rogers' science-based nursing*. New York, NY: National League for Nursing Publication 15-2285.
- Phillips, K. D., & Morrow, J. H. (1998). Nursing management of anxiety in HIV infection. *Issues in Mental Health Nursing*, 19, 375-397.
- Phumdoung, S., & Good, M. (2003). Music reduces sensation and distress of labor pain. *Pain Management Nursing*, 4(2), 54-61.
- Pillitteri, A. (2003). *Maternal & child health nursing: Care of the childbearing & childrearing family* (4th ed.). Philadelphia: Lippincott Williams & Wilkins.
- Pomerance, J. J., Gluck, L., & Lynch, V. A. (1974). Physical fitness in pregnancy: Its effect on pregnancy outcome. *American Journal of Obstetrics and Gynecology*, 119, 867-876.
- Pregnancy and yoga. (2003). [Electronic Version]. Retrieved February 11, 2003 from <http://www.healthandyoga.com/html/preg.html>.
- Prigogine, I. (1980). *From being to becoming*. San Francisco: Freeman.
- Pryse-Phillips, W. (1989). Infarction of the medulla and cervical cord after fitness exercises. *Stroke*, 20, 292-294.
- Pugh, L. C., & Milligan, R. (1993). A framework for the study of childbearing fatigue. *Advances in Nursing Science*, 15(4), 60-70.

- Quinn, J. F., & Strelkauskas, A. J. (1993). Psychoimmunologic effects of therapeutic touch on practitioners and recently bereaved recipients: A pilot study. *Advances in Nursing Science, 15*(4), 13-26.
- Raghuraj, P., & Telles, S. (2003). Effect of yoga based and forced uninostril breathing on the autonomic nervous system. *Perceptual & Motor Skills, 96*, 79-80.
- Rauch, S. L., & Rosenbaum, J. F. (1995). Approach to the patient with anxiety. In A. H. Goroll, L. A. May & A. G. Mulley (Eds.), *Primary care medicine: Office evaluation and management of the adult patient* (3rd ed., pp. 1022-1032). Philadelphia, PA: Lippincott.
- Ravindra, P. N., Madanmohan, & Pavithran, P. (2005). Effect of pranayam (yogic breathing) and shavasan (relaxation training) on the frequency of benign ventricular ectopics in two patients with palpitation. *International Journal of Cardiology, 1-2*: doi:10.1016/j.ijcard.2005.1002.1023.
- Ray, U. S., Sinha, B., Tomer, O. S., Pathak, A., Dasgupta, T., & Selvamurthy, W. (2001). Aerobic capacity & perceived exertion after practice of Hatha yogic exercises. *Indian Journal of Medical Research, 114*, 215-221.
- Reading, A. E., & Cox, D. N. (1985). Psychosocial predictors of labor pain. *Pain, 22*, 309-315.
- Revill, S. I., Robinson, J. O., Rosen, M., & Hogg, M. I. (1976). The reliability of a linear analogue for evaluating pain. *Anesthesia 31*, 1191-1198.
- Rich, A. (1976). *Of woman born*. New York: W. W. Norton.
- Roberts, B. L., Anthony, M. K., Madigan, E. A., & Chen, Y. (1997). Data management: Cleaning and checking. *Nursing Research, 46*(6), 350-352.

- Rogers, M. E. (1970). *An introduction to the theoretical basis of nursing*. Philadelphia, PA: F. A. Davis.
- Rogers, M. E. (1980). Nursing: A science of unitary man. In J. P. Riehl & C. Roy (Eds.), *Conceptual models for nursing practice* (2nd ed., pp. 329-337). New York, NY: Appleton-Century-Crofts.
- Rogers, M. E. (1983). Science of unitary human beings: A paradigm for nursing. In I. W. Clements & F. B. Roberts (Eds.), *Family health: A theoretical approach to nursing care* (pp. 109-121). New York: Wiley.
- Rogers, M. E. (1986). Science of unitary human beings. In V. M. Malinski (Ed.), *Explorations on Martha Rogers' science of unitary human beings* (pp. 3-8). Norwalk, CT: Appleton-Century-Crofts.
- Rogers, M. E. (1989). Nursing: A science of unitary human beings. In J. P. Riehl-Sisca (Ed.), *Conceptual models for nursing practice* (3rd ed., pp. 181-188). Norwalk, CT: Appleton & Lange.
- Rogers, M. E. (1990). Nursing: Science of unitary, irreducible, human beings: Update 1990. In E. A. M. Barrett (Ed.), *Visions of Rogers' science-based nursing* (pp. 5-11). New York: National League for Nursing.
- Rogers, M. E. (1992). Nursing science and the space age. *Nursing Science Quarterly*, 5, 27-34.
- Rogers, M. E. (1994). Nursing science evolves. In M. Madrid & E. A. M. Barrett (Eds.), *Rogers' scientific art of nursing practice* (pp. 3-9). New York: National League for Nursing.

Rothlein, S. (2003). Yoga for pregnancy [Electronic Version]. Retrieved July 10, 2003

f

r

o

m

[http://www.saskworld.com/bodymindspirit/edition13/03\\_article\\_susan.htm](http://www.saskworld.com/bodymindspirit/edition13/03_article_susan.htm).

Rothman, B. K. (1996). Women, providers, and control. *Journal of Obstetric Gynecologic and Neonatal Nursing*, 25(3), 253-256.

Russell, W. R. (1972). Yoga and the vertebral arteries. *British Medical Journal*, 1, 685.

Saisto, T., Kaaja, R., Helske, S., Ylikorkala, O., & Halmesmaki, E. (2004). Norepinephrine, adrenocorticotropin, cortisol and beta-endorphine in women suffering from fear of labor: Responses to the cold pressor test during and after pregnancy *Acta Obstetricia et Gynecologica Scandinavica*, 83, 19-26.

Sakala, C. (1988). Content of care by independent midwives: Assistance with pain in labor and birth. *Social Science Medicine*, 26(1), 1141-1158.

Schatz, M. P. (1992). *Back care basics: A doctor's gentle yoga program for back and neck pain relief*. Berkeley, CA: Rodmell Press.

Schell, F. J., Allolio, B., & Schonecke, O. W. (1994). Physiological and psychological effects of hatha-yoga exercise in healthy women. *International Journal of Psychosomatics*, 41(1-4), 46-52.

Schiffmann, E. (1996). *Yoga: The spirit and practice of moving into stillness*. New York, NY: Pocket Books.

Schuiling, K. D., & Sampselle, C. M. (1999). Comfort in labor and midwifery art. *Image: Journal of Nursing Scholarship*, 31(1), 77-81.

Sechrest, L., Ametrano, D., & Ametrano, I. M. (1983). Evaluation of social programs. In C. E. Walker (Ed.), *The handbook of clinical psychology* (pp. 129-166). Homewood, IL: Dow Jones-Irwin.

- Selltiz, C., Wrightsman, L. S., & Cook, S. W. (1976). *Research method in social relations* (3rd ed.). New York: Holt, Rinehart and Winston.
- Sesti, A. M. (2000). State trait anxiety inventory (STAII) in medication clinical trials. *Quality of Life Newsletter*, 25, 15-16.
- Sharma, G., Mahajan, K. K., & Sharma, L. (2007). Shavasana – Relaxation technique to combat stress. *Journal of Bodywork and Movement Therapy* doi:10.1016/j.jbmt.2007.01.002.
- Sherman, K. J., Cherkin, D. C., Erro, J., Miglioretti, D. L., & Deyo, R. A. (2005). Comparing yoga, exercise, and a self-care book for chronic low back pain. *Annals of Internal Medicine*, 143(12), 849-857.
- Sherwen, L. N., Scoloveno, M. A., & Weingarten, C. T. (1995). *Nursing care of the childbearing family* (2nd ed.). Norwalk, Connecticut: Appleton & Lange.
- Sidani, S. (1998). Measuring the intervention in effectiveness research. *Western Journal of Nursing Research*, 20(5), 621-635.
- Sidani, S., & Braden, C. J. (1998). *Evaluating nursing interventions: A theory-driven approach*. Thousand Oaks, CA: Sage Publications, Inc.
- Simkin, P. (1995). Reducing pain and enhancing program in labor: A guide to nonpharmacologic methods for maternity caregivers. *Birth*, 22, 161-171.
- Simkin, P. (1996). The experience of maternity in a woman's life. *Journal of Obstetrics, Gynecologic and Neonatal Nursing* 25(3), 247-252.
- Simkin, P., & Bolding, A. (2004). Update on nonpharmacologic approaches to relieve labor pain and prevent suffering. *Journal of Midwifery & Women's Health*, 49 (6), 489-504.

- Smith, C., Hancock, H., Blake-Mortimer, J., & Eckert, K. (2006). A randomized comparative trial of yoga and relaxation to reduce stress and anxiety. *Complementary Therapies in Medicine*, 1-7: doi:10.1016/j.ctim.2006.1005.1001.
- Smith, M. C. (1991). Affirming the unitary perspective. *Nursing Science Quarterly*, 4 (4), 148-152.
- Soultanakis, H. N., Artal, R., & Wiswell, R. A. (1996). Prolonged exercise in pregnancy: Glucose homeostasis, ventilatory and cardiovascular responses. *Seminar Perinatology*, 20, 315-327.
- Spielberger, C. D. (1983). *Manual for the State-Trait Anxiety Inventory (STAI)*. Palo Alto, California: Consulting Psychologists' Press.
- Spielberger, C. D., Gorsuch, R. L., & Lushene, R. E. (1970). *STAI manual for the State-Trait Anxiety Inventory*. Palo Alto, CA: Consulting Psychologist Press.
- Spielberger, C. D., & Rickman, R. L. (1990). Assessment of state and trait anxiety in cardiovascular disorders. In D. B. Byrne & R. H. Rosenman (Eds.), *Anxiety and the heart* (pp. 73-92). New York: Hemisphere Publishing Corporation.
- Starn, J. R. (1998). Energy healing with women and children. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 27(5), 576-584.
- Striegel-Moore, R. H., Goldman, S. L., Garvin, V., & Rodni, J. (1996). A prospective study of somatic and emotional symptoms of pregnancy. *Psychological Women Quarterly*, 20, 393-408.
- Taylor, M. J. (2003). Yoga therapeutics: An ancient, dynamic systems theory. *Techniques in Orthopaedics*, 18(1), 115-125.

- Teasdill, W. (2000). *Step-by-step: Yoga for pregnancy*. Lincolnwood (Chicago), Illinois: Contemporary Books.
- Teixeira, J. M. A., Fisk, N. M., & Glover, V. (1999). Association between maternal anxiety in pregnancy and increased uterine artery resistance index: Cohort based study. *British Medical Journal*, 318, 153-157.
- Telles, S., & Desiraju, T. (1991). Oxygen consumption during pranayamic type of very slow breathing. *Indian of Journal Medical Research*, 94, 357-363.
- Telles, S., Nagarathna, R., & Nagendra, H. R. (1995). Autonomic changes during "OM" meditation. *Indian Journal of Physiology and Pharmacology*, 39(4), 418-420.
- Tomlinson, J. (2003). Yoga for new moms: Pre-and post-natal [Electronic Version]. Retrieved June 20, 2003 from  
[http://newmoms.bodytrends.com/newmoms/articles/yoga\\_prepot.htm](http://newmoms.bodytrends.com/newmoms/articles/yoga_prepot.htm).
- Udupa, K. N. (1985). *Stress and its management by yoga* (2nd ed.). Delhi: Motilal Banarsi Dass Publishers.
- Van den Bergh, B. (1992). Maternal emotions during pregnancy and fetal and neonatal behavior. In J. G. Nijhuis (Ed.), *Fetal Behavior* (pp. 157–178). Oxford, England: Oxford University Press.
- Vempati, R. P., & Telles, S. (2002). Yoga-based guided relaxation reduces sympathetic activity judged from baseline levels. *Psychological Reports*, 90(2), 487-494.
- Wadhwa, P. D., Sandman, C. A., Porto, M., Dunkel-Schetter, C., & Garite, T. J. (1993). The association between prenatal stress and infant birth weight and

- gestational age at birth: A prospective investigation. *American Journal of Obstetrics and Gynecology*, 169(4), 858-865.
- Waelde, L. C., Thompson, L., & Gallagher-Thompson, D. (2004). A pilot study of a yoga and meditation intervention for dementia caregiver stress. *Journal of Clinical Psychology*, 60(6), 677-687.
- Waldenstrom, U. (1999). Experience of labor and birth in 1111 women. *Journal of Psychosomatic Research*, 47(5), 471-482.
- Walker, N. C., & O' Brien, B. (1999). The relationship between method of pain management during labor and birth outcomes. *Clinical Nursing Research*, 8(2), 119-134.
- Walters, D. C. (1999). *Just take it out: The ethics and economics of cesarean section and hysterectomy*. Mt. Vernon, IL: Topiary Publishing.
- Waltz, C. F., Strickland, O. L., & Lenz, E. (1991). *Measurement in nursing research* (2nd ed.). Philadelphia, PA: F. A. Davis Company.
- Watkins, A. D. (1995). Perceptions, emotions, and immunity: An integrated homeostatic network. *Quarterly Journal of Medicine*, 88, 283-294.
- Weber, S. (1996). Cultural aspects of pain in childbearing women. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 25, 67-72.
- Weinberger, M., Oddone, E. Z., Henderson, W. G., Smith, D. M., Huey, J., Giobbie-Hurder, A., et al. (2001). Multisite randomized controlled trials in health services research: Scientific challenges and operational issues. *Medical Care*, 39(6), 627-634.
- Weisenberg, M., & Caspi, Z. (1989). Cultural and educational influences on pain of childbirth. *Journal of Pain Symptom Management*, 4, 13-19.

- Wells, N. (1989). Management of pain during abortion. *Journal of Advanced Nursing*, 14, 56-62.
- Whipple, B., Josimovich, J. B., & Komisaruk, B. R. (1990). Sensory thresholds during the antepartum, intrapartum, and postpartum periods. *International Journal of Nursing Studies*, 27(3), 213-221.
- White, M. (2001). Yoga for pregnancy. *International Journal of Childbirth Education*, 16(4), 5-9.
- Williamson, J. (2002). Yoga for mothers and babies [Electronic Version]. Retrieved December 28, 2002 from  
<http://www.positivehealth.com/permit/Articles/Yoga/will48.htm>.
- Wood, C. (1993). Mood change and perceptions of vitality: A comparison of the effects of relaxation, visualization and yoga. *Journal of Royal Social and Medicine*, 86.
- Wu, W., Meijer, O. G., Jutte, P. C., Uegaki, K., Lamothe, C. J. C., de Wolf, G. S., et al. (2002). Gait in patients with pregnancy-related pain in the pelvis: An emphasis on the coordination of transverse pelvic and thoracic rotations. *Clinical Biomechanics*, 17, 678-686.
- Wuitchik, M., Hesson, K., & Bakal, D. (1990). Perinatal predictors of pain and distress during labor. *Birth*, 17, 186-191.
- Yali, A. M., & Lobel, M. (2002). Stress-resistance resources and coping in pregnancy. *Anxiety, Stress, and Coping*, 15(1), 289-309.
- Yoga for women. (2004). [Electronic Version]. Retrieved September 12, 2004 from  
[http://www.saffronsoul.com/womens\\_new/womens\\_yogaintro.asp](http://www.saffronsoul.com/womens_new/womens_yogaintro.asp).

- Yogendra, H. J., & Desai, A. N. (1994). *Pregnancy parenthood & yoga* (2nd ed.). Mumbai: The Yoga Institute, Santacruz (East).
- Yogendra, S. (1998). *Yoga: Physical education for women* (6th ed.). Mumbai: The Yoga Institute, Santacruz (East).
- York, R., Bhuttarowas, P., & Brown, L. P. (1999). The development of nursing in Thailand and its relationship to childbirth practices. *The American Journal of Maternal Child Nursing*, 24(3), 145-150.
- Young, C., McMahon, J. E., Browman, V., & Thompson, D. (1989). Maternal reasons for delayed prenatal care. *Nursing Research*, 38(4), 242-243.
- Zeller, J. M., McCain, N. L., & Swanson, B. (1996). Psychoneuroimmunology: An emerging framework for nursing research. *Journal of Advanced Nursing*, 23(4), 657-664.
- Zeller, L. (1997). The program minimized randomization 2.01 [Online]. from <http://www.captain.park.edu/compsci/monimization>
- Zeller, R., Good, M., Anderson, G. C., & Zeller, D. L. (1997). Strengthening experimental design by balancing potentially confounding variables across treatment groups. *Nursing Research*, 46, 345-349.