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**APPENDIX A**  
**DEMOGRAPHIC DATA FORM**

**Directions:** Please answer to each of these questions about yourself.

1. Age.....years
2. What is your religious preference?
  - 1) Buddhist
  - 2) Islam
  - 3) Christian
  - 4) Others (please specify).....
3. What is the highest level of education having you completed?
  - 1) Illiteracy
  - 2) Less than grade 6<sup>th</sup>
  - 3) Grade 6<sup>th</sup>
  - 4) Grade 9<sup>th</sup>
  - 5) High school
  - 6) College
  - 7) Bachelor's degree
  - 8) Graduate school
4. What is your current marital status?
  - 1) Single
  - 2) Married
  - 3) Divorced
  - 4) Separated
  - 5) Widowed
  - 6) Others (please specify).....
5. What is your occupation?
  - 1) Unemployed
  - 2) Laborer
  - 3) Government officer
  - 4) Staff in company
  - 5) Self-employed
  - 6) Others (please specify).....

6. What is your monthly income (including couple's income)?
  - 1) No income
  - 2) Less than 2,000 Baht
  - 3) 2,001-5,000 Baht
  - 4) 5,001-10,000 Baht
  - 5) 10,001-15,000 Baht
  - 6) 15,001-20,000 Baht
  - 7) More than 20,000 Baht
7. Do you have any financial problems?
  - 1) No
  - 2) Yes, please  
specify.....
8. What was your last date of menstruation (LMP)?.....(mm/dd/yy)
9. What is the gestational age of pregnancy?.....(weeks)
10. Do you have any health problems during this pregnancy?
  - 1) No
  - 2) Yes, please  
specify.....

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**INTRAPARTUM CHART ABSTRACTION FORM**

1. Gestational age?
  - 1) less than 36 weeks
  - 2) 37 weeks
  - 3) 38 weeks
  - 4) 39 weeks
  - 5) 40 weeks
  - 6) 41 weeks
  - 7) 42 weeks
  
2. Type of analgesia or anesthesia received?
  - 1) None
  - 2) Pethidine.....mgs.
  - 3) Other (please specify).....
  
3. Length of labor and delivery?
 

First stage of labor.....hours.....minutes

Second stage of labor.....hours.....minutes

Third stage of labor.....hours.....minutes

Total..... hours.....minutes
  
4. Baby weight.....grams.
  
5. Apgar score of newborn?
 

1 minute.....

5 minutes.....
  
6. Mother and/or baby complication during intrapartum period?
  - 1) None
  - 2) Yes, please list.....

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## APPENDIX B

## STATE TRAIT-ANXIETY INVENTORY: TRAIT ANXIETY SUBSCALE

**Directions:** A number of statements which people have used to describe themselves are given below. Read each statement and then select the appropriate number to the right of the statement to indicate how you *generally feel*. Thank you for helping in the study of the maternal and child health nursing care.

Statements	Almost never (1)	Sometimes (2)	Often (3)	Almost always (4)
1. I feel pleasant.				
2. I feel nervous and restless.				
3. I feel satisfied with myself.				
4. I wish I could be as happy as others seem to be.				
5. I feel like a failure.				
6. I feel rested.				
7. I am "calm, cool, and collected."				
8. I feel that difficulties are piling up so that I cannot overcome them.				
9. I worry too much over something that doesn't really matter.				
10. I am happy.				
11. I have disturbing thoughts.				
12. I lack self-confidence.				
13. I feel secure.				
14. I make decisions easily.				
15. I feel inadequate.				

<b>Statements</b>	<b>Almost never (1)</b>	<b>Sometimes (2)</b>	<b>Often (3)</b>	<b>Almost always (4)</b>
16. I am content.				
17. Some unimportant thought runs through my mind and bothers me.				
18. I take disappointments so keenly that I can't put them out of my mind.				
19. I am a steady person.				
20. I get in a state of tension or turmoil as I think over my recent concerns and interests.				

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## APPENDIX C

## MATERNAL COMFORT DURING PREGNANCY

**Directions:** Below are statements that may describe your comfort right now. Six numbers are provided for each question; please select the number you think mostly matches your feeling. Relate these questions to your comfort at the moment you are answering the questions. Thank you for helping in the study of the maternal and child health care.

Statements	Strongly Agree						Strongly Disagree
	6	5	4	3	2	1	
1. I am at ease physically.							
2. I feel confident because I'm good taking care of myself and my baby.							
3. I am very tired.							
4. I feel healthy right now.							
5. My pregnant discomfort is difficult to endure.							
6. My body is relaxed right now.							
7. I have difficulty in resting.							
8. I think about my pregnant discomforts constantly.							
9. I think about my discomfort that will happen during contraction and giving birth constantly.							
10. I felt out of control.							
11. I feel peace.							
12. My anxiety was high.							
13. I am afraid of what is next.							
14. I feel good about my self.							
15. I am just as attractive physically as I always was.							

Statements	Strongly Agree						Strongly Disagree
	6	5	4	3	2	1	
16. I am able to cope with my pregnant state.							
17. I am inspired to do my best.							
18. I have found meaning in my life.							
19. My wishes were carried out.							
20. I feel my life is worthwhile right now.							
21. Knowing that I am loved inspired me.							
22. I have experienced change that makes me feel uneasy.							
23. I can rise above my pregnant discomfort.							
24. I feel good enough to do some things for my self.							
25. There are those I can depend on when I need help.							
26. My pregnancy feels normal.							
27. I am able to communicate with my loved ones.							
28. I am okay with my personal relationships.							
29. I feel lonely.							
30. I have enough privacy.							
31. My place is as pleasant as it can be.							
32. My environment makes me feel safe.							
33. I feel supported in my decision about health care of my baby and myself.							
34. I worry about my baby condition.							
35. It is not easy to accept the idea that I can give the normal birth.							

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## APPENDIX D

### MATERNAL COMFORT DURING LABOR

**Directions:** Below are statements that may describe your comfort right now. Six numbers are provided for each question; please circle the number you think mostly matches your feeling. Relate these questions to your comfort at the moment you are answering the questions. Thank you for helping in the study of the laboring women care.

Statements	Strongly Agree						Strongly Disagree
	6	5	4	3	2	1	
1. My condition gets me down.							
2. I don't want to use breathing technique to relief my labor pain.							
3. I feel fatigued.							
4. I don't feel healthy right now.							
5. My labor pain was not as difficult to deal with as it was expected.							
6. My body is relaxed right now.							
7. I am able to rest during the contraction period.							
8. My belief gives me peace of mind.							
9. My faith helps me to not be afraid.							
10. I feel myself to be in control.							
11. I feel motivated to control my pain although I know it will exacerbate pain.							
12. My care helped me feel confident.							
13. I am afraid of what is next.							
14. I need to have my good health again.							





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**APPENDIX E****VISUAL ANALOGUE SCALE TO TOTAL COMFORT**

**Directions:** The line below represent the extent to which you agree or disagree with the amount of total comfort you are experiencing right now. Please mark a point on the line, which you think mostly matches your feeling. Thank you for helping in the study of the maternal health care.

**Example:**

**Please mark your real amount of total comfort right now on the next line.**



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**APPENDIX F****VISUAL ANALOGUE SENSATION OF PAIN SCALE**

**Directions:** The line below represent the amount of labor pain you are experiencing right now. Please mark a point on the line, which you think mostly matches your feeling. Thank you for helping in the study of the maternal health care.

**Example:**

**Please mark your real amount of pain right now on the next line.**



ID **APPENDIX G****PAIN BEHAVIORAL OBSERVATION SCALE**

**Directions:** During uterine contraction and relaxation, please consider and select the characteristics of the behaviors expressed by laboring women as shown below.

<b>Behavior</b>	<b>Score</b>		
	<b>3</b>	<b>2</b>	<b>1</b>
Vocalization	Talking in normal tone or no sound	Sighing, moaning	Crying out, sobbing
Body movements	Relaxed movements	Protection movement	Restlessness
Breathing control	Good regularly control breathing	Irregularly but try to control breathing	Cannot control breathing
Facial expression	Relaxed, neutral	Tense	Grimacing
Communication	No complaints of pain	Some complaints of pain or asking for help	Desperate or often asking for help, such as c/s



**APPENDIX:**  
**INFORMED CONSENT FORM**

## THE STUDY INFORMED CONSENT FORM

My name is Songporn Chuntharapat, a lecturer who is pursuing a degree of Doctor of Philosophy at the Faculty of Nursing, Prince of Songkla University. I am conducting a study on “The Effects of Using a Yoga Program during Pregnancy on Maternal Comfort, Labor Pain, and Birth Outcomes.” This study is aimed to help the primiparous women; relieve from discomfort during pregnancy, reduce the pain and enhance comfort during labor. Therefore, it is expected that the results of this study will contribute to improve the quality of health care for pregnant women during pregnancy and birth, and also improve the birth outcomes.

You are being asked to participate in this research study. All information in this study will remain confidential, no name will be mentioned, and the information gather will be reported as a dissertation, which is a requirement for the doctoral degree. The yoga program comprised of a series six one-hour practice sessions at the 26-28th, 30th, 32nd, 34th, 36th, and 37th weeks of gestation. During the study, you have the right to withdraw from the participation anytime without the problems prior to completion of data collection. If you are interested in participating of this study, you will be assessed the information data as follows.

You will be asked to complete the Demographic Data Form, the State Trait Anxiety Inventory: Trait Anxiety Form, the Maternal Comfort During Pregnancy (MCDP) Form, and the Visual Analogue Scale to Total Comfort (VASTC) at the beginning of the study. Then you will be examined maternal comfort by using VASTC in each session of the program and combine with MCDP at 34th and 37th week respectively.

During labor and delivery, you will be evaluated the labor pain by using the Visual Analogue Sensation of Pain Scale (VASPS), and VASTC when the cervical dilatation is 3-4cms and the uterine contraction are 30-60 second duration, and at 2, 4 hours after the starting point. The other assessment is Pain Behavioral Observation Scale by the research assistant. At 2-hour after birth, you will be measured by using Maternal Comfort During Labor (MCDL).

When you decide to participate in this study, you will be separated into the experimental group and the control group. Both groups will receive the same standard care from the hospital personnel. The experimental group can do the yoga practice after first assessment of data, whereas the control group does not do the yoga practice. This program will combine the practice of *asana*, *pranayama*, *yoga nidra*, and integrate with *bandha*, *chanting a mantra*, and meditative technique that take time 30-60 minutes per day at least 3 times per week. Then you will record the Yoga Practice Record Form as you do the yoga by your own at home. If you feel uncomfortable about participating in this study, please do not hesitate to tell me.

If you have any questions or suggestions or cannot participate in this study you can directly contact me by phone number 09-5988016. If you agree to joint this program, please sign your name on the consent form. Please remember to keep your appointment.

Thank you for your kind cooperation

Songporn Chuntharapat



**For participant**

This program has been explained to me and I voluntary agree to give my consent to participate in this study.

.....

(Name of participant)

## A HANDBOOK OF YOGA PRACTICE

### **Participant**

1. Pregnant woman of the second trimester through the end of pregnancy.
2. No previous history of abortion or other complications of pregnancy.
3. Under the consultation from the obstetrician or nurse-midwifery.

### **Benefits of the Practice**

1. Raises the level of energy, strengthen of the physical body and more flexibility, and reduces the metabolism to restore calm and focus.
2. Relieves the tension, fatigue, and discomfort during pregnancy, such as, edema (fluid retention) and cramping, which can be quite common in the last months. Strengthening and massaging the abdomen, which helps to stimulate bowel action and to stimulate the appetite, or helps to reduce mood swings, etc.
3. Focuses on relieving tension around the birth canal in order to make labor easier and quicker and decreases the tension, fatigue, discomfort and pain of labor.

## Practice Guideline

This yoga program is comprised of yoga *asanas*, *pranayama*, *yoga nidra* (a deep relaxation technique), *dhyana* (meditation), and a combination of *chanting mantra* (a word or series of words chanted aloud or silently to evoke spiritual qualities). They are practiced harmoniously and in an orderly manner to improve flexibility, muscle force control, endurance, balance and body coordination of the body segment, to reduce fatigue, to relieve some of the discomfort of pregnancy, to promote body awareness and concentration, to elicit a relaxation response, and to promote mental clarity. The details of the program are as followings.

### Yoga Asanas

#### 1. *Ardha Surya Namaskar (Half Sun Salutation)*



1. Stand with the feet about 12-24 inches apart for good balancing and arms at the side. Inhale and maintain the position as shown in figure with palms together at base of sternum.
2. Exhale and hands straight forward.
3. Inhale and slowly raise arms over the head. At the same time bend the upper body slightly backward, and stop in this position for awhile with normal breathing.

4. Exhale, gradually bending the upper body forward to touch the floor if possible. Stop in this position for awhile with normal breathing. At first it is difficult to attain the ideal position but try to bend the upper body as much as possible without bending the knees.
5. Inhale while raising the upper body until straight, and exhale.
6. Inhale raising arms over the head, and then stretch the arms, shoulders and chest upwards.
7. Exhale, relax shoulders and back, lower the arms with the straight back, and return into the starting position.
8. Repeat whole round 5-10 times.

*Benefits:* This version of Half Sun Salutation is an excellent way to warm up the body at the beginning of a yoga session. It is a series of gentle flowing movements synchronized with the breath, which establishes a deep and rhythmic breathing. It bends the spine both backward and forward, opens the hip and hamstrings, and stimulates circulation. Just as important, Half Sun Salutation can set a meditative tone for the rest of practice and can tune the whole body to the attitude of reverence and surrender.

*Use:* Throughout pregnancy

## 2. *Utkatasana*



1. Stand erect feet parallel 12 inches apart. Inhale and hands stretch forward with holding onto a firm chair or windowsill, and exhale.
2. Inhale raising heels to come up on the toes for 5-10 seconds, and exhale lowering body to squatting position for 5-10 seconds, thighs pressing calves.
3. While exhaling, lower heels on the rolled-cloth (as shown in the figure) while hands still hold onto a firm chair.
4. Slowly rise, inhale 5-10 seconds, and relax for few seconds.
5. Repeat whole round 5-10 times.

*Benefits:* Strengthens thighs, pelvic muscles, middle back, and ankles.

*Use:* Till comfortable

### ***3. Konasana II***



1. Stand erect with feet parallel 24 inches apart, raise right arm straight up until vertical, and bend from the waist to the left over the head while inhale.
2. While exhaling come back to the starting position.
3. Repeat on other side.

*Benefits:* Prevents excess fat on waist region and tones waist, back, and hips.

Induces a feeling of lightness and awareness with the movement.

*Use:* throughout pregnancy

#### 4. *Talasana*



1. Stand erect, feet 12 inches parallel apart, put both hands at the waist, bring right knee up and put the foot against left legs as shown in figure, keep balance.
2. Palms together at base of sternum and raise hands straight up above head (with counting 1-20).
3. Lower arms and leg down.
4. Repeat with other leg, do 3 rounds.

*Benefits:* Helps develop physical and mental balance, calm the mind, and aids concentration.

*Use:* Throughout pregnancy

#### 5. *Bala-asana (child pose)*



1. Hands and knees position.
2. Inhale while lifting body backward, then lean forward placing the elbows and forearms flat, rest forehead on the floor, Exhale and hold this position.
3. Inhale, slowly lift the head and body back to the starting position, and exhale.

*Benefits:* Helps to open pelvic area. Also gives a comfortable resting pose and a gentle forward bend.

*Use:* Throughout pregnancy

### **6. Marjari asana I (Cat stretch pose)**



1. Sit with buttocks on the heels (Vajrasan). Raise the buttocks and stand on the knees. Lean forward and place the hands flat on the floor.
2. Inhale while lowering the head stretching the spine upward. At the end of inhalation contract the abdomen and pull in the buttocks. Head will be now between the arms, facing the thighs, exhale.
3. Inhale while raising the head depressing the spine so that the back becomes concave.
4. Exhale and return back to on hands and knees position.

### **7. Marjari asana II (Cat stretch pose)**

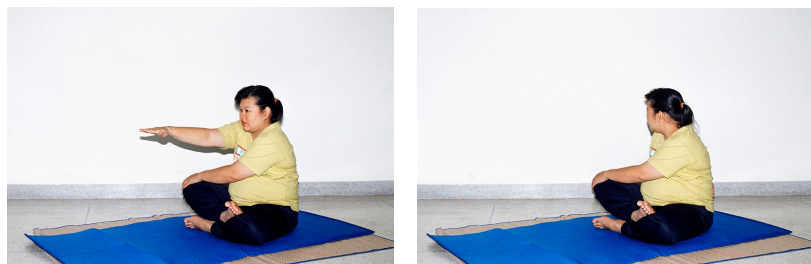


1. Start with position the same as Marjari asan I.
2. Inhale, lift right leg and head for 1-3 minutes, repeat on the other side.
3. Relax into baby pose. Spread knees to allow the abdomen to fall forward 3-5 minutes.
4. Back to the starting position.

*Benefits:* Improves flexibility of the neck, shoulders and spine. Tones female reproductive system, induces strengthening of pelvic bone, and reduces constipation.

*Use:* Can be safely practice during first 6 months of pregnancy. Stop practice if uncomfortable.

### **8. Vakrasana or Ardha-matsyendra-asana**



1. Sit with the cross-legged and spine erect, hands on knees, palm downward, shoulders and elbows relaxed, inhales.
2. Exhaling twist from waist moving arms and head together to the right, swing right arm as far back as possible. Keep spine, neck and head aligned and try to retain the posture at least 8-10 breaths.
3. Return to normal, inhaling.
4. Repeat the posture the other side by reversing direction.

*Benefits:* Helps flexibility of spine and waist region. It soothes stiff necks and upper back tension caused by stress, poor posture, or prolonged periods of sitting in one position. The alternating compression and release of the abdominal region flushes this area with blood and massages the internal organs. Muscles of the stomach and hips are also toned from repeated practice of this asana.

*Use:* Throughout pregnancy



### 9. Setu Bhanda Sarvangasana (Bridge pose)



1. Lie flat on the back. Bend knees, place soles of feet flat on the floor with heels touching the buttocks. Feet, knees, and hip width apart and grasp ankles with hands if possible.
2. Raise buttocks and arch back backward. Try to raise the chest and navel as high as possible, without moving feet or shoulders. Until the head, neck, shoulders, arms, and feet support the body. Hold pose as long as it is comfortable. Keep neck relaxes and jaw soft.
3. Gently roll down on an exhalation, release ankles and relax the back on the floor.
4. Resting in the Shava-asana position.

*Benefits:* This safe and effective backbend opens the heart and lungs, regulates the thyroid and endocrine system, and strengthens the buttocks and thighs. Furthermore, it realigns the spine and relieves backache. It massages and stretches the colon and abdominal organs, improving digestion. Female reproductive organs are also toned and especially recommended for women who tend to miscarry, should not be done in advanced stages of pregnancy. Under expert guidance, it has been successfully used to turn the baby when it is breech presentation.

*Use:* Till comfortable

**10. Adho Mukha Svanasana (Downward facing dog pose)**

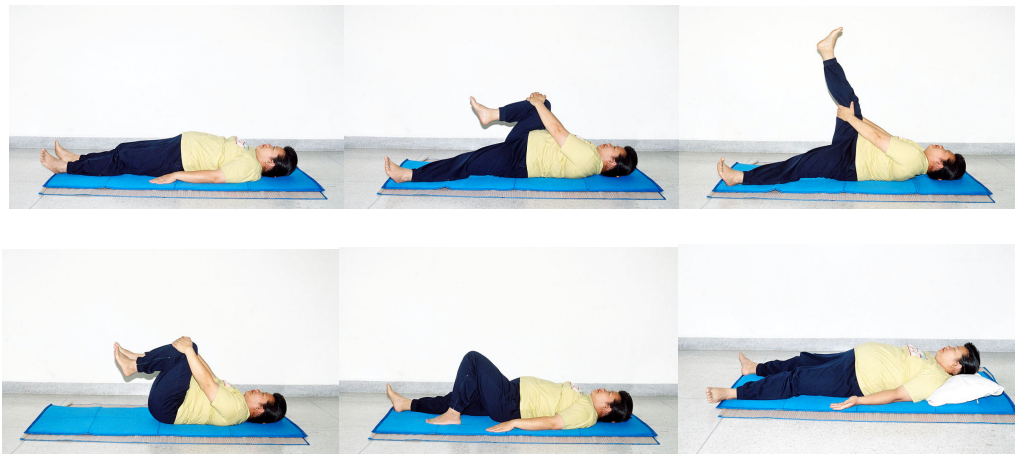


1. Hands and knees position, with hands shoulder-distance apart and knees hip-distance apart.
2. Lift the knees off the floor; straighten the legs. Press hands into the floor and lengthen arms away from the wrists. Lift the hips high into the air, stretching them away from the waist and toward the wall behind. Press heels downward while lifting the arches of the feet. Release the head down and looking at thighs while counting 1-5. If pain is experienced in the back of legs, or the vertebrae poke out, elevate the hands onto a chair or countertop and/or lift heels higher from the floor. Softening the gaze, and concentrate. Breathe evenly and comfortably through the nose.
3. To come out of the pose, place knees onto the floor in the starting position, and resting in the shava-asana.
4. Repeat whole round 5-10 times.

*Benefits:* Feet, posterior of legs and knees are comfortable, and relieve backache, and make blood circulation to brain.

*Use:* Till comfortable

### 11. Pavanamuktasana



1. Lie flat on the back in the shava-asana.
2. Inhale and bend right knee and pull it close to the torso with both hands remaining as comfortable as possible, exhale. Keep the left leg flat on the floor.
3. Raise and stretch up the right leg while inhaling.
4. Exhale and lowering right leg.
5. Repeat with the other leg.
6. Inhale and bend both knees pulling them close to the torso; with exhales.
7. Lie flat on the back in the Shava-asana.
8. Repeat whole round 5-10 times.

*Benefits:* Help to release gastrointestinal gas. It is also improves other gastrointestinal problems like upset stomachs and constipation by stimulating the abdominal region.

*Use:* Throughout pregnancy

## Pranayamas

Paramount in practice is the breath. This is true for all persons who do yoga, but especially for women who are about to deliver a child. Breathing technique is shown below.

Sectional breathing, there are three types of breathing: abdominal, thoracic, and clavicular. Starting this technique; inhale by pushing the abdomen to a bulge and then exhale by drawing it in continuously and slowly. While learning, place one hand on abdomen, keeping chest and shoulders stationary. Next hold shoulders and abdomen still as inhaling by expanding the rib cage. Exhale by slowly releasing the ribs. While learning, place the palms on the sides of the rib cage to feel the movement and push gently inward in the last stage of the exhalation. Then, hold abdomen slightly in, rib cage stationary, and breathe in and out by allowing the shoulders to move up and down. Finally combine all three, inhale from abdomen, continuing with the ribs, and ending the breathe with the clavicles. Exhale in the reverse order (Nagarathan, Nagendra, & Monro, 1990).

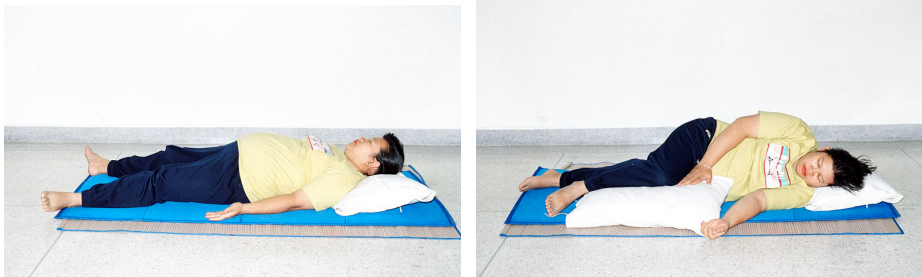


## Yoga Nidra

Yoga nidra (yogic sleep) is an expression widely used to denote the highest state of consciousness. Although yoga nidra means yogic sleep, it is actually a wakeful state of deep introversion. It is an inner awareness, and a movement of consciousness.

In the initial stages, the process involves relaxing the body, part by part, and harmonizing the mind. A person cannot relax by trying to relax, but they need to feel relax. Yoga is believed that body cannot relax unless the mind is relaxed. So, yoga relaxation is a complete package that involves relaxing the mind, body, and spirit.

In this program, before starting yoga nidra, it is helpful to listen and guided by a tape of the practice sequence through the practice that allow the practitioner to benefit fully from the relaxation without having to recall what they should do. The detail will be such as:



“Now prepare yourself by relaxing part by part of your body. Lie down in the corpse pose and provides proper space for all parts to relax. Detach your mind and close your eyes, breathing normally. Do not try to do anything, not even to relax.

Now start to inhale through nose and pull up the toe, exhale through the nose and relax the toe, inhale and squeeze the feet, exhale and relax the feet, inhale and squeeze ankles, exhale and relax ankles, inhale and squeeze ankles, exhale and relax ankles, inhale and squeeze your thigh, exhale and relax your thigh, inhale and tighten the buttocks, exhale and relax the buttocks, .....tense your face, exhale and relax your face....” Let gravity embrace you. Feel your weight pulling you deeper into relaxation, melting your body into the floor. Breathe deeply and slowly from the abdomen, riding up and down on the breath, sinking deeper with each exhalation. Feel

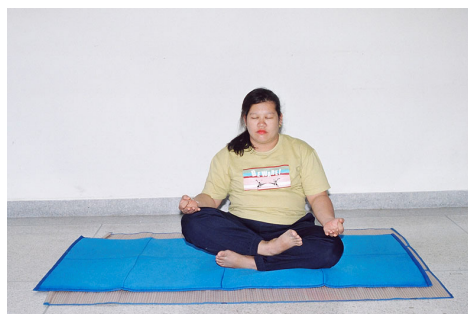
how your abdomen swells and falls. As you enter deep relaxation, you will feel your mind grow clear and detached...”

### **Meditation**

Meditation is another powerful technique that can use to augment yoga nidra to achieve a deep relaxation. A person can do meditation before the yoga nidra or at any time. Meditation also helps them to fine-tune their breathing skills that are required in yoga nidra. Meditation aims to reach a state where persons are aware of inner peace, and experience a sense of release from everything impeding that peace.

Yoga has two very important meditative postures, padmasana (lotus pose), and sukhasana (easy pose). These postures are great tools for effective meditation. They help in calming the nervous system as well as in attaining physical, mental, emotional, and spiritual stability. Padmasana position; in the sitting position, first carefully place the right foot onto the left thigh. Then take hold of the left foot and place it onto the right thigh. Keep the body erect with both knees touching the floor. For women especially in the latter stage of pregnancy, this position may not be possible. Therefore, they can assume a position as close to Padmasana as it comfortable. The hands are to be placed either with hands or wrists resting on the knees, or the hands placed between the heels, the right hand resting in the left hand.

In this study program, an audiotape for approach to meditation will be used concluding with yoga nidra and pranayama. Example from tape: -



“Now sit and relaxes for a couple of minutes. Loosen up your shoulders, neck, body, and legs. Keep your eyes closed. Feel a sense of peace and detachment. Do not feel the need to do anything. Breathe spontaneously. Become aware of your breath, the coolness of the in flow deep inside your head, and the outflow inside your lower nostrils. Focus your mind to be more and more aware of the breath. Allow your thoughts to flow undisturbed, and explore of its nature, the existing and disappear of that thoughts and feelings. Then associate your awareness of peace with the feeling of coolness, and release of inner tension with the warmth. Detach your mind, and relax for few minutes, breathing normally and feeling peaceful and restful, before getting up.”

**APPENDIX:**  
**LIST OF EXPERTS FOR INSTRUMENTS**  
**VALIDATION AND TRANSLATION**



## LIST OF EXPERTS FOR INSTRUMENTS

### VALIDATION AND TRANSLATION

Five experts examined the content validity of the Demographic Data Questionnaire with the Intrapartum Chart Abstraction Form, the State Trait Anxiety Inventory, Trait Anxiety Form, the Maternal Comfort During Pregnancy (MCDP), the Maternal Comfort During Labor (MCDL), the Visual Analogue Scale to Total Comfort (VASTC), the Visual Analogue Sensation of Pain Scale (VASPS), the Pain Behavioral Observation Scale (PBOS), and the Yoga Practice Record Form.

1. Assoc. Prof. Dr. Saibua B. Chichareon

Obstetrician of the Obstetrics and Gynecology Department, Faculty of Medicine,  
Prince of Songkla University, Hat Yai, Songkhla Province, 90112, Thailand.

2. Assoc. Prof. Dr. Praneed Songwathana

Department of Surgical Nursing, Faculty of Nursing, Prince of Songkla University,  
Hat Yai, Songkhla, 90112, Thailand.

3. Assist Prof. Dr. Kanittha Naka

Department of Surgical Nursing, Faculty of Nursing, Prince of Songkla University,  
Hat Yai, Songkhla, 90112, Thailand.

4. Assist Prof. Dr. Sasitorn Phumdoung

Obstetric Gynecological Nursing and Midwifery Department, Faculty of Nursing,  
Prince of Songkla University, Hat Yai, Songkhla, 90112, Thailand.

5. Assist Prof. Dr. Sopen Kun Srikoaw Chunuan

Obstetric Gynecological Nursing and Midwifery Department, Faculty of Nursing,  
Prince of Songkla University, Hat Yai, Songkhla, 90112, Thailand.

Three yoga experts evaluated the booklet and the yoga cassette tape.

1. Assist Prof. Payao Kasetsomboon

Department of Fundamental Nursing, Faculty of Nursing,

Prince of Songkla University, Hat Yai, Songkhla, 90112, Thailand.

2. Miss Pratum Ruknui

Staff Nurse at Songkhla Hospital, Songkhla, 90000, Thailand.

3. Dr. Jitti Lawantrakul

Obstetrician of the Obstetrics and Gynecology Department, Hat yai Hospital,

Hat Yai, Songkhla, 90110, Thailand.