

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]

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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

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