

Table 1

Characteristics of the participants (N=22)

Characteristic	Mean(rang) (years)	Number	%
Age (years)	35.6 (28-45)		
Nulliparous		10	45.5
Multiparous		12	54.5
Pre-pregnancy BMI>24 Kg/m ²		15	68.2
Family history of diabetes			
Yes		12	54.5
No		10	45.5
Previous gestational diabetes			
Yes		2	9.1
No		20	90.9
Educational level			
Senior high school education (12 years)		6	27.3
College or university education (13-16 years)		3	13.6
> College or university education (≥ 17 years)		13	59.1
Married status			
Married		21	95.5
Unmarried		1	4.5
Employment status			
Yes		20	90.9
No		2	9.1
Present treatment for GDM			
Diet		20	90.9
Diet and exercise		2	9.1

Table 2

Theme and Subthemes of the perceptions and experience of women with gestational diabetes mellitus in Taiwan.

Themes	Subthemes
Unexpectedly having a high-risk pregnancy	Unexpected diagnosis of GDM? Looking for the cause of GDM Hidden worries about the adverse effects of GDM
Beliefs of effects of blood glucose control	Worrying negative effects of diet control on fetal development Concerns about whether exercise will cause preterm labour Psychological stress
Perceived obstacles of implementing blood glucose control	Diet challenges during social occasions 'To know is easier than to do' in exercise implementation Psychological burden of living with GDM
Maternal duty to ensure the safety of mother and child	Change attitudes and behaviours towards health Increased caution about health during pregnancy Adjusting lifestyles