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@article{RN9,  
  title = {Postpartum care booms in China},  
  journal = {Bangkok Post https://www.bangkokpost.com/business/2120615/postpartum-care-booms-in-china},  
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@article{RN36,  
  author = {Berg-Poppe, Patti and Hauer, Michaela and Jones, Cassandra and Munger, Mattison and Wethor, Cassidy},  
  title = {Use of Exercise in the Management of Postpartum Diastasis Recti: A Systematic Review},  
  journal = {Journal of Women's Health Physical Therapy},  
  volume = {46},  
  number = {1},  
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@article{RN2,  
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  journal = {MCN: The American Journal of Maternal/Child Nursing},  
  volume = {31},  
  number = {6},  
  pages = {390},  
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@article{RN29,  
  author = {Deng, Han Bing and Macfarlane, Duncan J and Thomas, G Neil and Lao, Xiang Qian and Jiang, Chao Qiang and Cheng, Kar Keung and Lam, Tai Hing},  
  title = {Reliability and validity of the IPAQ-Chinese: the Guangzhou Biobank Cohort study},  
  journal = {Medicine and science in sports and exercise},  
  volume = {40},  
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@article{RN15,  
  author = {Ding, Guodong and Niu, Lei and Vinturache, Angela and Zhang, Jun and Lu,  
Min and Gao, YU and Pan, Shuming and Tian, Ying and Study, Shanghai Birth Cohort},  
  title = {"Doing the month" and postpartum depression among Chinese women: A  
Shanghai prospective cohort study},  
  journal = {Women and Birth},  
  volume = {33},  
  number = {2},  
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@article{RN26,  
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depression in China},  
  journal = {American Journal of Psychiatry},  
  volume = {175},  
  number = {11},  
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  ISSN = {0002-953X},  
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@article{RN42,  
  author = {DiPietro, Loretta and Evenson, Kelly R and Bloodgood, Bonny and Sprow, Kyle  
and Troiano, Richard P and Piercy, Katrina L and Vaux-Bjerke, Alison and Powell, Kenneth E},  
  title = {Benefits of physical activity during pregnancy and postpartum: an umbrella review},  
  journal = {Medicine and science in sports and exercise},  
  volume = {51},  
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@article{RN12,
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author = {Gao, Ling-ling and Chan, Sally Wai-chi and You, Liming and Li, Xiaomao},
title = {Experiences of postpartum depression among first-time mothers in mainland
China},
journal = {Journal of Advanced Nursing},
volume = {66},
number = {2},
pages = {303-312},
ISSN = {0309-2402},
year = {2010},
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@article{RN34,
author = {Ghaedrahmati, Maryam and Kazemi, Ashraf and Kheirabadi, Gholamreza and
Ebrahimi, Amrollah and Bahrami, Masood},
title = {Postpartum depression risk factors: A narrative review},
journal = {Journal of education and health promotion},
volume = {6},
year = {2017},
type = {Journal Article}
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@article{RN41,
author = {Guan, Ziyao and Wang, Yuwei and Hu, Xin and Chen, Jiarui and Qin, Chunxiang
and Tang, Siyuan and Sun, Mei},
title = {Postpartum depression and family function in Chinese women within 1 year after
childbirth: A cross-sectional study},
journal = {Research in Nursing & Health},
volume = {44},
number = {4},
pages = {633-642},
ISSN = {0160-6891},
year = {2021},
type = {Journal Article}
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@article{RN25,
author = {Guo, Pengfei and Xu, Dong and Liew, Zeyan and He, Hua and Brocklehurst,
Peter and Taylor, Beck and Zhang, Chao and Jin, Xin and Gong, Wenjie},
title = {Adherence to traditional Chinese postpartum practices and postpartum depression:
a cross-sectional study in Hunan, China},
journal = {Frontiers in psychiatry},
volume = {12},
year = {2021},
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@article{RN23,
  author = {Heh, Shu-Shya},
  title = {Validation of the Chinese version of the Edinburgh Postnatal Depression Scale:
detecting postnatal depression in Taiwanese women},
  journal = {Hu li yan jiu= Nursing Research},
  volume = {9},
  number = {2},
  pages = {105-113},
  ISSN = {1022-6265},
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@article{RN14,
  author = {Ho, Ming and Li, Tsai-Chung and Liao, Chun-Hui and Su, Shan-Yun and Su,
Shan-Yu},
  title = {The association between behavior restrictions in doing-the-month practice and
mental health status among postpartum women},
  journal = {The Journal of Alternative and Complementary Medicine},
  volume = {21},
  number = {11},
  pages = {725-731},
  ISSN = {1075-5535},
  year = {2015},
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@article{RN5,
  author = {Holroyd, Eleanor and Twinn, Sheila and Yim, Ip Wan},
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of "doing the month"},
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  volume = {40},
  number = {3},
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  ISSN = {0363-0242},
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@article{RN35,
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author = {Hutchens, Bridget F and Kearney, Joan},
title = {Risk factors for postpartum depression: an umbrella review},
journal = {Journal of midwifery & women's health},
volume = {65},
number = {1},
pages = {96-108},
ISSN = {1526-9523},
year = {2020},
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@article{RN28,
author = {Jia, Yu-Jian and Xu, Liang-zhi and Kang, De-ying and Tang, Ying},
title = {Reliability and validity regarding the Chinese version of the International Physical
Activity Questionnaires (long self-administrated format) on women in Chengdu, China},
journal = {Zhonghua liu Xing Bing xue za zhi= Zhonghua Liuxingbingxue Zazhi},
volume = {29},
number = {11},
pages = {1078-1082},
ISSN = {0254-6450},
year = {2008},
type = {Journal Article}
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@article{RN8,
author = {Kanotra, Sarojini and D'Angelo, Denise and Phares, Tanya M and Morrow, Brian
and Barfield, Wanda D and Lansky, Amy},
title = {Challenges faced by new mothers in the early postpartum period: an analysis of
comment data from the 2000 Pregnancy Risk Assessment Monitoring System (PRAMS)
survey},
journal = {Maternal and child health journal},
volume = {11},
number = {6},
pages = {549-558},
ISSN = {1573-6628},
year = {2007},
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@article{RN16,
author = {Kołomańska-Bogucka, Daria and Mazur-Bialy, Agnieszka Irena},
title = {Physical activity and the occurrence of postnatal depression—a systematic review},
journal = {Medicina},
volume = {55},
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number = {9},
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@article{RN37,
  author = {Laframboise, Faith C and Schlaff, Rebecca A and Baruth, Meghan},
  title = {Postpartum exercise intervention targeting diastasis recti abdominis},
  journal = {International journal of exercise science},
  volume = {14},
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@article{RN43,
  author = {Larson-Meyer, Dawnine Enette},
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  journal = {Obesity research},
  volume = {10},
  number = {8},
  pages = {841-853},
  ISSN = {1071-7323},
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@article{RN17,
  author = {Layton, Haley and Owais, Sawayra and Savoy, Calan D and Van Lieshout, Ryan J},
  title = {Depression, anxiety, and mother-infant bonding in women seeking treatment for postpartum depression before and during the COVID-19 pandemic},
  journal = {The Journal of Clinical Psychiatry},
  volume = {82},
  number = {4},
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@article{RN30,

author = {Lear, Scott A and Hu, Weihong and Rangarajan, Sumathy and Gasevic, Danijela and Leong, Darryl and Iqbal, Romaina and Casanova, Amparo and Swaminathan, Sumathi and Anjana, Ranjit Mohan and Kumar, Rajesh},

title = {The effect of physical activity on mortality and cardiovascular disease in 130 000 people from 17 high-income, middle-income, and low-income countries: the PURE study},

journal = {The Lancet},

volume = {390},

number = {10113},

pages = {2643-2654},

ISSN = {0140-6736},

year = {2017},

type = {Journal Article}

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@article{RN24,

author = {Lee, Dominic TS and Yip, SK and Chiu, Helen FK and Leung, Tony YS and Chan, Kathy PM and Chau, Irene OL and Leung, Henry CM and Chung, Tony KH},

title = {Detecting postnatal depression in Chinese women: validation of the Chinese version of the Edinburgh Postnatal Depression Scale},

journal = {The British Journal of Psychiatry},

volume = {172},

number = {5},

pages = {433-437},

ISSN = {0007-1250},

year = {1998},

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@article{RN3,

author = {Liu, Yan Qun and Petrini, Marcia and Maloni, Judith A},

title = {"Doing the month": P ostpartum practices in C hinese women},

journal = {Nursing & health sciences},

volume = {17},

number = {1},

pages = {5-14},

ISSN = {1441-0745},

year = {2015},

type = {Journal Article}

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@article{RN6,

author = {Lomoro, OA and Ehiri, JE and Qian, X and Tang, SL},

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title = {Mothers' perspectives on the quality of postpartum care in Central Shanghai, China},
journal = {International Journal for Quality in Health Care},
volume = {14},
number = {5},
pages = {393-401},
ISSN = {1464-3677},
year = {2002},
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@article{RN18,
  author = {Mariño-Narvaez, Carolina and Puertas-Gonzalez, Jose A and Romero-Gonzalez, Borja and Peralta-Ramirez, Maria Isabel},
  title = {Giving birth during the COVID-19 pandemic: The impact on birth satisfaction and postpartum depression},
  journal = {International Journal of Gynecology & Obstetrics},
  volume = {153},
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  ISSN = {0020-7292},
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@article{RN7,
  author = {Martin, Anika and Horowitz, Carol and Balbierz, Amy and Howell, Elizabeth A},
  title = {Views of women and clinicians on postpartum preparation and recovery},
  journal = {Maternal and child health journal},
  volume = {18},
  number = {3},
  pages = {707-713},
  ISSN = {1092-7875},
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@article{RN40,
  author = {Odinka, Jaclyn I and Nwoke, Marybasil and Chukwuorji, JohnBosco C and Egbuagu, Kenneth and Mefoh, Philip and Odinka, Paul C and Amadi, Kennedy U and Muomah, Rosemary C},
  title = {Post-partum depression, anxiety and marital satisfaction: A perspective from Southeastern Nigeria},
  journal = {South African Journal of Psychiatry},
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    volume = {24},  
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@article{RN1,  
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childbirth},  
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@article{RN27,  
  author = {Qu, NN and Li, KJ},  
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(Chinese Vision, IPAQ)},  
  journal = {Zhonghua liu xing bing xue za zhi= Zhonghua liuxingbingxue zazhi},  
  volume = {25},  
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Joachim and Fortelny, René and Koch, Andreas and Kukleta, Jan and Kuthe, Andreas and  
Lorenz, Ralph and Stechemesser, Bernd},  
  title = {Classification of rectus diastasis—a proposal by the German Hernia Society (DHG)  
and the International Endohernia Society (IEHS)},  
  journal = {Frontiers in Surgery},  
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ISSN = {2296-875X},  
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Tomasz and Cantarero, Katarzyna and Hilpert, Peter and Ahmadi, Khodabakhsh and  
Alghraibeh, Ahmad M and Aryeetey, Richmond and Bertoni, Anna},  
  title = {Marital satisfaction, sex, age, marriage duration, religion, number of children,  
economic status, education, and collectivistic values: Data from 33 countries},  
  journal = {Frontiers in psychology},  
  volume = {8},  
  pages = {1199},  
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prevalence, risk factors and report of lumbopelvic pain},  
  journal = {British journal of sports medicine},  
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  journal = {Midwifery},  
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pages = {707-715},  
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@article{RN21,  
  author = {Wan, Ellen Y and Moyer, Cheryl A and Harlow, Siobán D and Fan, Zitian and Jie,  
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  title = {Postpartum depression and traditional postpartum care in China: role of zuoyuezi},  
  journal = {International Journal of Gynecology & Obstetrics},  
  volume = {104},  
  number = {3},  
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@article{RN22,  
  author = {Wang, Yuqiong and Guo, Xiujing and Lau, Ying and Chan, Kin Sin and Yin, Lei  
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postnatal depression scale},  
  journal = {International journal of nursing studies},  
  volume = {46},  
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@article{RN39,  
  author = {Wendorf, Craig A and Lucas, Todd and Imamoğlu, E Olcay and Weisfeld, Carol  
C and Weisfeld, Glenn E},  
  title = {Marital satisfaction across three cultures: Does the number of children have an  
impact after accounting for other marital demographics?},  
  journal = {Journal of Cross-Cultural Psychology},  
  volume = {42},  
  number = {3},  
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@article{RN19,  
  author = {Xie, Ri-hua and He, Guoping and Liu, Aizhong and Bradwejn, Jacques and  
Walker, Mark and Wen, Shi Wu},  
  title = {Fetal gender and postpartum depression in a cohort of Chinese women},  
  journal = {Social science & medicine},  
  volume = {65},  
  number = {4},  
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  ISSN = {0277-9536},  
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@article{RN10,  
  author = {Yeh, Yueh-Chen and St John, Winsome and Venturato, Lorraine},  
  title = {Inside a postpartum nursing center: tradition and change},  
  journal = {Asian nursing research},  
  volume = {10},  
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  ISSN = {1976-1317},  
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@phdthesis{RN13,  
  author = {Zheng, Xujuan},  
  title = {An exploration of factors which influence maternal self-efficacy in primiparous  
women in China during the initial postnatal period: a longitudinal study},  
  university = {University of Nottingham},  
  year = {2015},  
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@article{RN4,  
  author = {Zheng, Xujuan and Watts, Kim and Morrell, Jane},  
  title = {Chinese primiparous women's experience of the traditional postnatal practice of  
"doing the month": A descriptive method study},  
  journal = {Japan Journal of Nursing Science},  
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    number = {3},  
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