

Study on the Matched Degree of Postpartum Exercise

Rehabilitation for Women

Dear lady,

We are the research team of the National Social Science Foundation General Project titled "Research on the Construction of a Model for Exercise-Promoted Postpartum Recovery in Women" (Project No. 24BTY043). We sincerely invite eligible women nationwide to participate in this survey. Your honest responses will provide crucial evidence for scientifically establishing a postpartum exercise rehabilitation service system, helping to improve maternal and infant health in China.

This questionnaire serves as a core data source for the National Social Science Foundation project and strictly follows the "Ethical Review Measures for Life Sciences and Medical Research Involving Human Subjects." The questionnaire is completed anonymously, and all collected data will be used solely for statistical analysis; your personal information will not be disclosed under any circumstances.

The questionnaire will take approximately 5–8 minutes to complete. Please select or fill in answers according to your actual situation. Every response you provide is vital to our research. Thank you sincerely for your support!

Part One: Personal Information

1. Your usual place of residence is: _____ Province (Autonomous Region), _____ City (Autonomous Prefecture), _____ District (County)

2. Which area of the city do you currently reside in?

☐ Core urban area ☐ Suburban/ General urban area ☐ Remote suburban area ☐ Town or township ☐ Other: _____

3. What is your current living situation?

☐ Living with elderly family members ☐ couple living alone ☐ Other: _____

4. Your date of birth: _____ Year _____ Month _____ Day

5. What is your ethnicity?

☐ Han Chinese ☐ Zhuang People ☐ Uyghur People ☐ Miao People ☐ Man People ☐ Other: _____

6. What is your highest level of education?

☐ Junior high school/vocational school or below ☐ High school ☐ Associate degree ☐ Bachelor's degree ☐ Master's degree or above

7. Which of the following categories best describes your current role or occupation?

☐ Full-time mother (not working, focused on childcare)
☐ Professional technical personnel (teacher, doctor, researcher, clerk, etc.)
☐ Service/physical laborer (worker, waiter, caregiver, delivery person, etc.)
☐ Agricultural worker (farming, animal husbandry, etc.)
☐ Business or industrial worker (rural factory, construction, logistics, self-employed, etc.)
☐ Freelancer/entrepreneur (self-directed work schedule)
☐ Military personnel/government employee
☐ Other: _____

8. What is your household monthly income range?

- ☐ Less than 5,000 yuan
- ☐ 5,000–10,000 yuan
- ☐ 10,000–15,000 yuan
- ☐ 15,000–20,000 yuan
- ☐ Over 20,000 yuan

9. What is your current status?

- ☐ Pregnant (gestational week: ____ weeks)
- ☐ Postpartum (time: ____ months, ≤12 months)
- ☐ Postpartum (time: ____ months, >12 months)

10. This is your child number?

- ☐ First child
- ☐ Second child
- ☐ Third child or later

11. How are you currently feeding your baby (or do you plan to feed in the future)?

- ☐ Exclusive breastfeeding
- ☐ Mixed feeding (equal proportion of breast milk and formula)
- ☐ Formula feeding only
- ☐ Weaned

Part Two: Exercise Habits During Pregnancy

12. Did you engage in regular physical activity during pregnancy? (Definition: at least once per week for a duration of at least 4 weeks)

- ☐ Yes
- ☐ No (Please skip to question 16)

13. During which stage(s) of pregnancy did you engage in regular physical activity? (Multiple choice)

- ☐ Early pregnancy (0–3 months)
- ☐ Mid-pregnancy (4–6 months)
- ☐ Late pregnancy (7–9 months)

14. How often did you exercise during your pregnancy?

- ☐ Occasionally
- ☐ Once or twice a week
- ☐ Three or more times a week
- ☐ Every day

15. What types of physical activities did you engage in during pregnancy? (Multiple choice)

- ☐ Walking, strolling
- ☐ Jogging, low-intensity aerobic exercises
- ☐ Swimming, aquatic exercises
- ☐ Yoga, Pilates
- ☐ Low-intensity strength training (e.g., resistance bands, bodyweight exercises)
- ☐ Pelvic floor muscle training (Kegel exercises)
- ☐ Other _____

***After completing this question, please Skip to question 17.**

16. Why did you not exercise during pregnancy? (Multiple choice)

- ☐ Felt unsafe without guidance
- ☐ Believed exercise was unnecessary during pregnancy

- ☐ Doctor recommended rest
- ☐ Physical discomfort
- ☐ Lack of time
- ☐ Family disapproval
- ☐ High cost of exercise
- ☐ Other _____

Part Three: Cognitive and Practical Barriers to Postpartum Exercise Rehabilitation

17. Which of the following methods do you believe are helpful for postpartum recovery? (Multiple choice)

- ☐ Scientific exercise
- ☐ Dietary adjustment
- ☐ Physical therapy (e.g., electrical stimulation)
- ☐ Traditional Chinese medicine
- ☐ Other _____

18. Which of the following postpartum issues do you believe exercise can improve? (Multiple choice)

- ☐ Weight restoration
- ☐ Pelvic floor muscle function (e.g., urinary incontinence)
- ☐ Diastasis recti
- ☐ Lower back/pelvic pain
- ☐ Mental state (anxiety, depression)
- ☐ Other _____

19. Through which channels did you learn about postpartum exercise rehabilitation? (Multiple choice)

- ☐ Recommended by hospitals, maternity centers, or postnatal recovery centers
- ☐ Social media (e.g., WeChat, Weibo, Douyin, Xiaohongshu)
- ☐ Maternity and baby-related apps/websites
- ☐ Fitness venues (gyms, yoga studios, Pilates studios)
- ☐ Recommendations from friends or family
- ☐ Community outreach
- ☐ Newspapers or books
- ☐ Other: _____
- ☐ Never heard of postpartum exercise rehabilitation

20. Are you currently engaging in specialized exercises for postpartum recovery? (If "before pregnancy," skip questions 20–22)

- ☐ Yes (Frequency: times/week)
- ☐ No → Please Skip to question 22

21. (If "Yes") What types of exercise do you participate in? (Multiple choice)

- ☐ Walking/jogging
- ☐ Yoga/Pilates
- ☐ Pelvic floor muscle training (Kegel exercises)
- ☐ Low-intensity strength training (e.g., dumbbells, barbell)
- ☐ Swimming/water-based exercises
- ☐ Home workout videos

☐ Other _____

22. (If "No") What are the main reasons you do not exercise? (Multiple choice)

- ☐ Physical discomfort (pain, fatigue)
- ☐ Worried that exercise will affect breastfeeding (e.g., reduced milk supply)
- ☐ No one to take care of the child
- ☐ Lack of professional guidance
- ☐ Belief that exercise is unimportant
- ☐ Family lack of support
- ☐ Exercise costs too high
- ☐ Other _____

Part Four: Demand for Postpartum Exercise Rehabilitation Services

23. What issues do you most hope to address through postpartum exercise rehabilitation?(Multiple choice)

- ☐ Improve pelvic floor muscle function
- ☐ Repair diastasis recti
- ☐ Alleviate physical discomfort such as lower back and waist pain
- ☐ Regain pre-pregnancy weight and body shape
- ☐ Enhance overall fitness and energy levels
- ☐ Improve mental well-being
- ☐ Meet other moms and increase social interaction
- ☐ Learn scientific exercise knowledge and habits to lay the foundation for long-term health
- ☐ Other: _____

24. Which form of postpartum exercise rehabilitation do you prefer? (Multiple choice)

- ☐ Professional medical institutions (hospitals/rehabilitation centers)
- ☐ Specialized prenatal/postnatal rehabilitation fitness studios
- ☐ Prenatal/postnatal rehabilitation classes offered by regular gyms
- ☐ Community service centers
- ☐ Online courses/apps (e.g., video guidance, live classes)
- ☐ One-on-one in-home service by professional trainers
- ☐ Other: _____

25. When choosing postpartum exercise rehabilitation, which of the following factors do you consider most important? (Multiple choice)

- ☐ Professional qualifications and certifications of coaches/instructors
- ☐ Safety assessment of services
- ☐ Effectiveness and user reviews
- ☐ Degree of alignment between service offerings and my specific needs
- ☐ Accessibility of transportation
- ☐ Flexibility of class schedules
- ☐ Course fees/pricing
- ☐ Clean, tidy environment and professional facilities
- ☐ Other: _____

26. Have you already purchased or experienced specialized postpartum exercise rehabilitation?

- ☐ Yes

☐ No (please skip to Question 29)

27. What type(s) of institution/format did you purchase/use for postpartum exercise rehabilitation? (Multiple choice)

- ☐ Hospital/Rehabilitation center at maternal and child health hospital
- ☐ Professional prenatal/postnatal rehabilitation fitness studio/yoga/pilates studio
- ☐ General gym prenatal/postnatal rehabilitation classes
- ☐ Community service center programs
- ☐ Online courses/apps
- ☐ Other: _____

28. Overall, how would you rate the effectiveness of the service you used?

- ☐ Highly effective, far exceeding expectations
- ☐ Good effect, largely meeting expectations
- ☐ Moderate effect, partially meeting expectations
- ☐ Poor effect, barely meeting expectations
- ☐ Completely ineffective

***After answering this question, please skip to Question 30.**

29. What are the main reasons you have not tried postpartum exercise rehabilitation? (Multiple choice)

- ☐ Still pregnant, haven't given birth yet
- ☐ Financial reasons / find the cost too high
- ☐ Unable to find a trustworthy professional institution / concerned about effectiveness
- ☐ No suitable service providers nearby / too far away / inconvenient transportation
- ☐ Need to care for children, lack sufficient time and energy
- ☐ Unaware of the importance of postpartum exercise rehabilitation
- ☐ Believe recovery can be achieved through daily rest or simple activities
- ☐ Worried that exercise may affect physical recovery or breastfeeding
- ☐ Family does not support or lacks caregiving assistance
- ☐ Insufficient service promotion; unaware of relevant organizations
- ☐ Unclear on how to choose an appropriate rehabilitation center/course
- ☐ Concerns about personal privacy
- ☐ Prefer other recovery methods such as traditional Chinese medicine or dietary adjustments
- ☐ Other reasons: _____

30. How likely are you to try professional postpartum exercise rehabilitation guidance in the future?

- ☐ Very likely ☐ Moderately likely ☐ Unsure ☐ Unlikely ☐ Not at all likely

Section Five: Opinions and Suggestions on Postpartum Exercise Rehabilitation in Your Region

31. What do you think are the particular strengths or challenges in your region regarding the provision of postpartum exercise rehabilitation?