

Table 1. Summary of literature search on Chinese postpartum practices

a) Non-Asian region/country	City/Province	Journal/Title of research	Sample size	Methods	Author/ year
Australia	Sydney	<i>Health Care for Women International/</i> Adherence to cultural practices following childbirth in Migrant Chinese women and relation to postpartum period	102 women	Quantitative, measures on psychological stress, support received and customs	Matthey, Panasetis & Barnett, 2002
	Brisbane	<i>Ethnicity and Health/</i> Postnatal experience and health needs of Chinese migrant women in Brisbane, Australia	30 women	Qualitative, in-depth, face-to-face interviews at the women's homes	Chu, 2005
Canada	Toronto	<i>Journal of Obstetric, Gynecologic, and Neonatal Nursing/</i> Childbirth experiences of Professional Chinese Canadian Women	6 Chinese Canadian women	Qualitative, ethnographic interviews	Brathwaite & Williams, 2004
	Edmonton	<i>Ethnicity and health/</i> Immigrant women's food choices in pregnancy: perspectives from women of Chinese origin in Canada	23 Chinese women	Qualitative, semi-structured photo-assisted interviews	Higginbottom, Vallianatos, Shankar, Safipour, & Davey, 2018
England, UK	Manchester	<i>Journal of Reproductive and Infant Psychology/</i> A qualitative study of the postpartum experience of Chinese women living in England	8 mothers	Qualitative, interviews	Lam, Wittkowski, & Fox, 2012
	London	<i>British Journal of Midwifery/</i> Cultural considerations in postnatal dietary and infant feeding practices among Chinese mothers in London	10 mothers	Qualitative, semi-structured interviews	Leung, 2017
Scotland, UK	Not specified	<i>Midwifery/</i> Chinese zuo yuezi (sitting in for the first month of the postnatal period) in Scotland	10 Chinese and 10 Scottish women, 10 health workers, 5 relatives, 5 Chinese women's friends, 5 Scottish	Qualitative, interviews	Cheung, 1997

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USA	New York	<i>Journal of Community Health/</i> Influence of Cultural Beliefs on Infant Feeding, Postpartum and Childcare Practices among Chinese-American Mothers in New York City	22 recently postpartum mothers	Qualitative, semi-structured interviews	Lee & Brann, 2015
b) Asian region/ country (Chinese-speaking)	City/ Province	Journal/ Title of research	Sample size	Methods	Author/ year
People's Republic of China (PRC)	Shanghai, Liuzhou and Yizhou (urban)	<i>International Journal of Nursing Studies/</i> 'Zuoyuezi' after caesarean in China: an interview survey	24 mothers first week after birth, 28 mothers within 8 months after birth, 72 health workers	Qualitative, semi-structured interviews	Cheung et al., 2006
	Guangzhou (urban), Guangdong	<i>Research in Nursing and Health/</i> Depression, Perceived Stress, and Social Support Among First-Time Chinese Mothers and Fathers in the Postpartum Period.	130 pairs of parents	Quantitative, tests on psychological stress	Gao, Chan & Mao, 2009
	Urban city (unspecified), southern China	<i>Journal of Advanced Nursing/</i> Experiences of postpartum depression among first-time mothers in mainland China	15 mothers	Qualitative, in-depth interviews	Gao et al., 2010
	Urban, suburban and rural areas of Hubei	<i>BMC Public Health/</i> Postpartum practices of puerperal women and their influencing factors in three regions of Hubei, China.	1,975 women who had given birth to singletons in the past two years	Quantitative, food frequency questionnaire	Liu et al., 2006
	Wuhan (urban) and Macheng (rural), Hubei	<i>BMC Public Health/</i> The effect of health and nutrition education intervention on women's postpartum beliefs and practices: a randomized controlled trial	302 women	Quantitative, randomised controlled trial	Liu et al., 2009

b) Asian region/ country (Chinese- speaking) continued	City/ Province	Journal/ Title of research	Sample size	Methods	Author/ year
People's Republic of China (PRC)	Wuhan (urban), Hubei Province	<i>Biological Research for Nursing/</i> Effect of Postpartum Practices of Doing the Month on Chinese Women's Physical and Psychological Health	198 healthy women with term birth	Quantitative, tests on physical strength and psychological stress	Liu, Maloni, & Petrini, 2014
	Beijing and Chongqing (urban)	<i>Journal of Holistic Nursing/</i> Giving Birth Voices of Chinese Women	10 "primiparous" women (pregnant for the first time)	Qualitative, interviews	Kartchner & Callister, 2003
	Urban, suburban and rural areas of Hubei	<i>Asia Pacific Journal of Clinical Nutrition/</i> Self-reported health problems related to traditional dietary practices in postpartum women from urban, suburban and rural areas of Hubei province, China: the 'zuo yuezi'.	1,975 women	Quantitative, questionnaire on socio- demographic characteristics, obstetric history, physical activity, dietary behaviours, health behaviours	Mao et al., 2016
	Fuzhou (urban) and Fuqing (rural) county, Fujian	<i>BMC Pregnancy and Childbirth/</i> Traditional beliefs and practices in the postpartum period in Fujian Province, China: a qualitative study	36 family members and 8 health workers	Qualitative, interviews	Raven et al., 2007
	Yuci District (rural), Shanxi Province	<i>Midwifery/</i> Doing the month: rickets and post- partum convalescence in rural China	18 young mothers, 5 grandmothers, 5 township health workers, and 7 traditional medicine doctors	Qualitative, focus groups	Strand et al., 2009
	Rural townships in northern China	<i>Midwifery/</i> A population-based survey of women's traditional postpartum behaviours in Northern China	1,813 women	Quantitative survey using the 'traditional postpartum behaviour questionnaire'	Wang et al., 2008; 2009
		<i>Maternal and Child Health Journal/</i> Women's Postpartum Practices and Chronic Pain in Rural China			

b) Asian region/ country (Chinese- speaking) continued	City/ Province	Journal/ Title of research	Sample size	Methods	Author/ year
People's Republic of China (PRC)	Shenzhen (urban), Guangdong Province	<i>Journal of Affective Disorders/</i> Living with parents or with parents-in-law and postpartum depression: A preliminary investigation in China	1,126 women	Quantitative, tests on psychological stress	Wang et al., 2017
	Xiamen city (urban), Fujian	<i>Japan Journal of Nursing Science/</i> Chinese primiparous women's experience of the traditional postnatal practice of "Doing the month": A descriptive method study	420 Chinese "primiparous" women	Quantitative, descriptive survey	Zheng, Watts, & Morrell, 2018
Hong Kong (British Crown colony until 30 June 1997, thereafter Special Administrative Region of China)		<i>Health Care for Women International/</i> "Doing the month": An exploration of postpartum practices in Chinese women	7 women	Qualitative, ethnographic, semi- structured interviews	Holroyd et al., 1997
		<i>Women and health/</i> Exploring Chinese Women's Cultural Beliefs and Behaviours Regarding the Practice of "Doing the Month"	100 "primiparous" women	Qualitative, telephone interviews	Holroyd, Twinn & Wan 2004
		<i>Nursing & Health Sciences/</i> Negotiating "Doing the month": An ethnographic study examining the postnatal practices of two generations of Chinese women	20 new mothers, 9 mothers of new mothers, and 3 mothers- in-law	Qualitative, ethnographic, in-depth, semi-structured interviews	Holroyd, Lopez, & Chan, 2011
		<i>Health Care for Women International/</i> Perceived stress and support of the Chinese postpartum ritual "doing the month"	20 Chinese women	Qualitative, in-depth interviews	Leung, Arthur & Martinson, 2005
		<i>Research in Nursing & Health/</i> Postpartum Depression and Related Psychosocial Variables in Hong Kong Chinese Women: Findings from a Prospective Study	385 women	Quantitative, tests on psychological health	Leung, Martinson & Arthur, 2005
		<i>Midwifery/</i> Antenatal taboos among Chinese women in Hong Kong	60 women 832 women for the survey	Qualitative, in-depth interviews Quantitative, survey	Lee et al., 2009

b) Asian region/ country (Chinese-speaking) continued	City/ Province	Journal/ Title of Research	Sample size	Methods	Author/ year
Taiwan	Taipei	<i>Research in Nursing & Health/</i> Adherence to “doing- the-month” practices is associated with fewer physical and depressive symptoms among postpartum women in Taiwan	202 women	Quantitative, questionnaires	Chien et al., 2006
		<i>Nursing & Health Sciences/</i> Doing the month in a Taiwanese postpartum nursing centre: An ethnographic study	27 postpartum women and 3 nurses	Qualitative, in-depth interviews	Yeh, St John, & Venturato, 2014; Yeh, St John, Chuang, & Huang, 2017
		<i>Asian Nursing Research/</i> Inside a Postpartum Nursing Centre: Tradition and Change			
		<i>Contemporary Nurse/</i> The care needs of postpartum women taking their first time of doing the month: a qualitative study The care needs of postpartum women taking their first time of doing the month: a qualitative study			

c) Asian region/ country (others)	City/ Province	Journal/ Title of Research	Sample size	Methods	Author/ year
Malaysia	An urban area but details not specified	<i>British Journal of Midwifery/</i> Zuo yuezi practice among Malaysian Chinese women: tradition vs modernity	47 women	Mixed methods, questionnaire, interviews and observation	Chin, Jaganathan, Hasmiza, & Wu, 2010
	Kuala Lumpur	<i>Malaysian Journal of Nutrition/</i> Postpartum Dietary Intakes and Food Taboos Among Chinese Women Attending Maternal and Child Health Clinics and Maternity Hospital, Kuala Lumpur	134 Chinese mothers	Mixed methods, questionnaires, in-depth interviews and 24-hour recall (food intake)	Poh, Wong, & Norimah, 2005
Singapore		<i>Public Health Nutrition/</i> Dietary changes during pregnancy and the postpartum period in Singaporean Chinese, Malay and Indian women: the GUSTO birth cohort study	1,027 pregnant women of Chinese, Malay and Indian ethnicity	Quantitative, questionnaires	Chen et al., 2013
		<i>BIRTH/</i> A Comparison of Practices During the Confinement Period among Chinese, Malay, and Indian Mothers in Singapore	1,022 respondents	Quantitative, questionnaires	Fok et al., 2016
		<i>Midwifery/</i> An exploratory study of traditional birthing practices of Chinese, Malay and Indian women in Singapore	30 women	Qualitative, interviews	Naser, Mackey, Arthur, & Klainin-Yobas, 2012
d) Others	City/ Province	Journal/ Title of research	Sample size	Methods	Author/ year
People's Republic of China, Taiwan and USA	Guangzhou, three cities in Taiwan, western USA	<i>MCN, The American Journal of Maternal/Child Nursing/</i> Perceptions of Giving Birth and Adherence to Cultural Practices in Chinese Women	34 Chinese women	Qualitative, interviews	Callister, Eads & Yeung Diehl, 2011

e) Country	City/ Province	Publication/ Title of Research	Sample size	Methods	Author/ year
Hong Kong (British Crown colony until 30 June 1997, thereafter Special Administrative Region of China)		<i>Women in Chinese society/</i> Women and Childbearing in Kwan Mun Hau Village	14 native and 11 outsider women, 12 native men	Ethnography (participant observation) and interviews	Johnson (1975)
		Man/ Chinese Traditional Ideas and Treatment of Disease	N/A	Ethnography (participant observation)	Topley (1970)
Taiwan	Chi'nan (village in northern Taiwan)	<i>Women in Chinese society/</i> The Power and Pollution of Chinese women	N/A	Ethnography	Ahern (1975)
	Changhua (suburban) and Taipei (urban) city	<i>EATS IV Stockholm</i> Folk Customs in Modern Society: 'Tradition of Zuoyuezi' in Taiwan: An Physical Anthropology Perspective	12 women	Semi-structured and in-depth interviews (telephone/face-to-face)	Chmielowska and Shih (2007)
	Not specified	<i>Social Science and Medicine/</i> "Doing the Month": Confinement and Convalescence of Chinese women after Childbirth	Over 80 Chinese (women), Chinese physicians and herbalists, consultation with Western-trained health professionals	Ethnography (participant observation), interviews and consultation	Pillsbury (1978)