

INPLASY PROTOCOL

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None declared.

Experiences and needs of postpartum women undergoing the Chinese confinement practices: A qualitative meta-synthesis

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Review question / Objective: “What are the experiences and needs of postpartum women undergoing “Tso-Yueh-Tzu”?

Study designs to be included: Our meta-synthesis adopted a qualitative or mixed-method study design (for studies under our examination that presented both qualitative and quantitative data, the qualitative ones had to be distinguishable from the quantitative).

Information sources: Ten electronic databases (seven English and three Chinese) were included: PubMed, Embase, CINAHL, PsycINFO, Scopus, Web of Science, ProQuest Dissertations and Theses, China National Knowledge Infrastructure (CNKI), Airiti, and National Library of Theses and Dissertations (Taiwan).

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 03 June 2022 and was last updated on 03 June 2022 (registration number INPLASY202260010).

INTRODUCTION

Review question / Objective: “What are the experiences and needs of postpartum women undergoing “Tso-Yueh-Tzu”?

Rationale: We found that “Tso-Yueh-Tzu” remains significant as a confinement ritual to date, perpetuated by sociocultural and

health constructs. Stressors, including burdensome ritual demands, juggling multiple responsibilities, and negative interference, often perpetuate a negative experience and psychological distress.

Condition being studied: Post partum confinement practices among Chinese women.

METHODS

Search strategy: An initial search was performed in PubMed with keywords such as “postpartum”, “postnatal”, “doing-the-month”, “Tso-Yueh-Tzu”, and “confinement”. To develop search strategies customised to each database, key terms and index terms were identified through textual analysis of titles and abstracts and combined with Boolean operators and truncation symbols. A medical librarian was consulted to improve accuracy, and the search strategies were reviewed in accordance to the PRESS Guidelines. The search aimed at published and unpublished studies on “Tso-Yueh-Tzu” on each database from its inception to December 2021. Moreover, the reference lists of the included studies and current reviews were manually searched to identify additional studies.

Participant or population: Studies in English or Chinese were included if their participants were women aged ≥ 18 years who engaged in postpartum “Tso-Yueh-Tzu”.

Intervention: Post partum confinement practices.

Comparator: Nil.

Study designs to be included: Our meta-synthesis adopted a qualitative or mixed-method study design (for studies under our examination that presented both qualitative and quantitative data, the qualitative ones had to be distinguishable from the quantitative).

Eligibility criteria: Nil.

Information sources: Ten electronic databases (seven English and three Chinese) were included: PubMed, Embase, CINAHL, PsycINFO, Scopus, Web of Science, ProQuest Dissertations and Theses, China National Knowledge Infrastructure (CNKI), Airiti, and National Library of Theses and Dissertations (Taiwan).

Main outcome(s): Experiences and perception of post-partum women who have underwent the confinement practices.

Quality assessment / Risk of bias analysis: To appraise the methodological rigour of the included studies, the 10-item Critical Appraisal Skills Program (CASP) checklist was used (Critical Appraisal Skills Programme, 2018). The studies were appraised independently by two reviewers (JK and TTH), followed by a discussion to resolve discrepancies. For each assessed criterion, the studies were rated as Y for ‘Yes,’ C for ‘Can’t tell,’ or N for ‘No.’ All studies were included regardless of their methodological quality, given the aim of quality appraisal to enhance the rigour of the synthesis, rather than to perform exclusionary filtering (Ludvigsen et al., 2016).

Strategy of data synthesis: Our data synthesis adopted the two-step method by Sandelowski and Barroso (Ludvigsen et al., 2016; Sandelowski et al., 2007). First, it involved the meta-summarising (extraction, separation, grouping, and abstraction) of the findings into statement sets (Sandelowski et al., 2007). Then, in accordance to the thematic analysis by Braun and Clarke (Braun & Clarke, 2006), the findings were thematised via recurrent coding, reviewing, and theme-seeking across the studies. Verbatim and non-verbatim findings were subjected to line-by-line coding to create concepts, which were integrated to inductively and deductively form descriptive themes and subthemes. Subsequent studies were coded into existing concepts or consolidated to establish new concepts.

Subgroup analysis: Nil. Not necessary in qualitative meta-synthesis.

Sensitivity analysis: Nil. Not necessary in qualitative meta-synthesis.

Language: English articles only.

Country(ies) involved: Singapore.

Keywords: Chinese; Confinement practices; “Doing-the-month”; Experience; Meta-synthesis; Postpartum women.

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