Women’s Health Articles


Women with polycystic ovary syndrome (PCOS) experience symptoms such as irregular menses, hirsutism, and acne, and are at heightened risk for developing obesity, metabolic syndrome, diabetes mellitus, infertility, and some cancers. Data also indicate an inverse correlation between PCOS and health-related quality-of-life indicators and self-image. The purpose of this study was to describe the lived experience of women with PCOS in the management of their disorder and the meaning of that experience for them. This qualitative study was conducted using a phenomenological approach based on the guidelines of Van Manen. Individual, semistructured interviews were completed with 10 participants who were diagnosed with PCOS and managed by a health care practitioner(s) within the past 5 years. Data were analyzed using the process of hermeneutic phenomenological reflection. Read the full article here.


Twenty-four women with children 5 years old or younger were interviewed regarding their experiences in losing weight during the postpartum period. Phenomenological interviews were conducted according to Husserl's perspective. Women who participated in the study revealed the issues related to postpartum weight loss: weight struggles, exercise, breast-feeding, eating, and pregnancy contributions to weight gain. The overall theme that resulted from these in-depth interviews was that women struggle to balance their successes and setbacks in losing weight during the postpartum period.


The purpose of this study was to explore the perceptions of homeless women regarding their experience in a shelter-based garden project to promote mental wellness. Participants planted and tended the vegetable garden and prepared and ate the fruits of their labor. Data were gathered in semistructured interviews. Participants were homeless daytime shelter guests who had participated in at least eight gardening sessions over 4 weeks. The project was started in the fall of 2010 and the interviews were conducted over 2 months in the summer of 2011. Read the full article here.


This study examined the effect of peppermint spirits on postoperative nausea in women following a scheduled C-section. A pretest-posttest research design with three groups was used. The peppermint group inhaled peppermint spirits, the placebo aromatherapy control group inhaled an inert placebo, green-colored sterile water, and the standard antiemetic therapy control group received standard antiemetics, usually intravenous ondansetron or promethazine suppositories.

The purpose was to obtain a better understanding of the role of mastery (global and caregiving) in wives’ versus daughters’ experience of caring for a person with dementia. A total of 67 caregivers participated in a cross-sectional study. Variables measured were global mastery, caregiving mastery, stress, and depressive symptoms. Analysis included t tests, correlations, and multiple regressions.


The purpose of this study was to investigate the spontaneous use of creative arts as a complementary therapy by rural women in the Western United States who are coping with chronic illness. Women to Women Project was an 11-week research-based computer intervention that provided health education and support to rural women with chronic illnesses in an effort to help them better adapt to living with chronic conditions. Through the use of text queries, messages posted to an unprompted, online support and health education forum were examined for references to the spontaneous use of creative arts and their influence as a complementary therapy for dealing with chronic illness. Read the full article [here](#).


The purposes were to identify loneliness in rural women with chronic conditions and to identify the major themes represented in their descriptions of their feelings of loneliness. This study was a secondary analysis of data collected during a 22-week computer-based support and health online intervention in which rural women participated in virtual forums that allowed them to share life experiences. Quantitative data were gathered from participants’ self-reported loneliness via the UCLA Loneliness Scale. Qualitative data analysis consisted of seeking loneliness themes imbedded in the participants’ online exchanges. Read the full article [here](#).


We investigated how mothers employed in support staff positions make personal and family health decisions using a critical feminist grounded theory design. Twenty women employed at a large Canadian institution participated over two years in repeat interactive interviews. Read the full article [here](#).


Grandmothers are an important source of support for new mothers. Their infant feeding experience and knowledge can influence mothers' decisions to initiate and continue breastfeeding. The objective of this study was to explore mothers' perceptions of grandmothers' breastfeeding knowledge and support, as part of a larger study to design an intervention that facilitates the development of grandmothers' support of breastfeeding. Thirty mothers participated in one of four focus groups held in a North Texas metropolitan area. We analyzed the text of each focus group interview using the content analysis method and identified five themes within and across groups that described mothers' perceptions of grandmother breastfeeding support. Read the full article [here](#).

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In this cross-sectional, retrospective, explanatory secondary analysis of the 2002 National Health Interview Survey, complementary and alternative modality (CAM) use by women with female-specific cancers is described. The effect of personal factors on the odds of CAM use was measured using the researcher’s model, based on Pender’s Health Promotion Model, as a framework. Women age 40 and older, with high levels of education, presence of pain, and presence of depression/anxiety were more likely to use CAM. Because women with female-specific cancers who report depression/anxiety are more likely to use CAM, they need to be targeted by mental health nurses for education regarding safe CAM use.


The purposes of this study were to describe the personal factors of women with female-specific cancers and the prevalence and types of complementary and alternative modalities (CAM) used by these women. The study also tested 2 hypotheses regarding personal factors and CAM use. Using a cross-sectional, retrospective, explanatory secondary analysis of the 2002 National Health Interview Survey data set, estimations were made with an initial sample of 725 women with female-specific cancers, using a framework on the basis of Pender’s Health Promotion Model. Results of the study include that personal factors associated with those who used CAM include presence of pain and depression/anxiety. Those women having 2 or more types of female-specific cancers were associated with the use of alternative medical systems. The findings provide information for nurses about patients with female-specific cancers who use CAM for health promotion.

Read the full article [here](#).


The purpose of this study was to examine the usefulness of storytelling as a foundation for communicating with grandmothers about breastfeeding. The benefits of storytelling are applied to an analysis of infant-feeding stories that grandmothers told during a focus group study conducted by the authors. Thirty-five grandmothers participated in the study. A qualitative content analysis of the interview transcripts revealed that grandmothers’ infant-feeding stories provided insights into the people (characters) and circumstances (setting) that affected their early experiences of infant feeding. By asking grandmothers to tell their stories, health-care professionals may understand the personal and cultural context grandmothers bring to their support of new mothers and facilitate a place for grandmothers’ voices to be heard.


Purpose of the study was to investigate the effects of Therapeutic Touch (TT) on anxiety, vital signs, and cardiac dysrhythmia in women undergoing cardiac catheterization. It was a quasi-experimental study. The participants had no history of hallucination, anxiety, or other psychological problems. Participants had to be conscious and have attained at least sixth-grade literacy level. Participants were randomly assigned into an intervention group (n = 23; received 10-15 minutes TT), a placebo group (n = 23; received 10-15 minutes simulated touch), and a control group (n = 23; did not receive any therapy). Data were collected using Spielberger’s anxiety test, cardiac dysrhythmia checklist, and vital signs recording sheet. Statistical analyses were considered to be significant at α = .05 levels.

Read the full article [here](#).