

References

- Abdool, Z., Thakar, R. & Sultan, A, H. (2009). Postpartum female sexual function. *European Journal of Obstetrics & Gynecology & Reproductive Biology*, 145, 133-137. doi: 10.1016/j.ejogrb.2009.04.014
- Albers, L, L., Sedler, K, D., Bedrick, E, J., Teaf, D. & Peralta, P. (2006). Factors related to genital tract trauma in normal spontaneous vaginal birth. *Birth*, 33(2), 94-100.
- Bandura, A. (1963). *Social leaning and personality development*. New York, Holt, Rinehart and Winston.
- Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84(2), 191-215.
- Bandura, A. (1986). *Social foundations of thought and action: A social cognitive theory*. New Jersey, Prentice-Hall.
- Baranowski, T., Perry, L, C. & Parcel, G, S. (2002). How individuals, environments, and health behavior interact: social cognitive theory. (Sone, T., Yuasa, M., Watanabe, M. & Hatono, Y. Trans.) In Glanz, K., Rimer, K, B. & Lewis, M, F. (Eds.), *Health behavior and health education: theory, research, and practice*. 151-176. Tokyo: IGAKU-SHOIN Ltd.
- Beckmann, M, M. & Garrett, A, J. (2013). Antenatal perineal massage for reducing perineal trauma. Retrieved December 1, 2013, from *Cochrane Database of Systematic Reviews*, 3, doi: 10.1002/14651858.CD005123.pub3.
- Bennett, G, G., Herring, S, J., Puleo, E., Stein E, K., Emmons, K, M. & Gillman, M W. (2010). Web-based weight loss in primary care: A randomized controlled trial. *Obesity*, 18(2), 308-313. doi: 10.1038/oby.2009.242
- Bersamin, M., Paschall, M., Farnow-Kenny, M. & Wyrick, D. (2007). Effectiveness of a web-based alcohol-misuse and harm-prevention course among high- and low-risk students. *Journal of American College Health*, 55(4), 247-254. Retrieved from <http://www.acha.org>
- Bowen, A, M., Horvath, K. & Williams, M, L. (2007). A randomized control trial of Internet-delivered HIV prevention targeting rural MSM. *Health Education Research*, 22(1), 120-127. Retrieved from <http://her.oxfordjournals.org>

- Calvert, S. & Fleming, V. (2003). Minimizing postpartum pain: A review of research pertaining to perineal care in childbearing women. *Journal of Advanced Nursing*, 32(2), 407-415.
- Carpenter, K. M., Stoner, S. A., Mikko, A. N., Dhanak, L. P. & Parsons, J. T. (2010). Efficacy of a web-based intervention to reduce sexual risk in men who have sex with men. *AIDS Behavior*, 14(3), 549-557. doi: 10.1007/s10461-009-9578-2
- Chang, S. R., Chen, K. H., Lin, H. H., Chao, Y. M. & Lai, Y. H. (2011). Comparison of the effects of episiotomy and no episiotomy on pain, urinary incontinence, and sexual function 3 months postpartum: A prospective follow-up study. *International Journal of Nursing Studies*, 48(4), 409-418. doi: 10.1016/j.ijnurstu.2010.07.017
- Colleran, H. L. & Lovelady, C. A. (2011). Use of MyPyramid Menu Planner for Moms in a weight-loss intervention during lactation. *Journal Academy Nutrition Dietetics*, 112(4), 553-558. doi: 10.1016/j.jand.2011.12.004
- Cunningham, J. A., Wild, T. C., Cordingley, J., Mierlo, T. & Humphreys, K. (2009). A randomized controlled trial of an internet-based intervention for alcohol abusers. *Addiction*, 104(12), 2023-2032. doi: 0.1111/j.1360-0443.2009.02726.x
- Dahlen, H. G., Ryan, M., Homer, C. S. & Cooke, M. (2007). An Australian prospective cohort study of risk factors for severe perineal trauma during childbirth, *Midwifery*, 23, 196-203. doi: 10.1016/j.midw.2006.04.004
- Dennison, L., Morrison, L., Conway, G. & Yardley, L. (2013). Opportunities and challenges for smartphone applications in supporting health behavior change: qualitative study. *Journal of Medical Internet Research*, 15(4), e86. doi: 10.2196/jmir.2583
- East, C. E., Sherburn, M., Nagle, C., Said, J. & Forster, D (2011). Perineal pain following childbirth: Prevalence, effects on postnatal recovery and analgesia usage. *Midwifery*. doi:10.1016/j.midw.2010.11.009
- Eto, H. & Kataoka, Y. (2008). Josannjo no syussann ni kannsuru jouhou syuuseki system no kouchiku. *Journal of Japan Academy of Midwifery*, 21(3), 195. (in Japanese).
- Gaqliano, M. E. (1988). A literature review on the efficacy of video in patient education. *Journal of medical education*, 63(10), 785-792.

- Graham, I., D., Carroli, G., Davies, C. & Medves, J. M. (2005). Episiotomy rates around the world: an update. *Birth*, 32(3), 219-223.
- Green, B., B., Cook, A., J., Ralston, J., D., Fishman, P., A., Catz, S., L., Carlson, J., ... Thompson, R., S. (2008). Effectiveness of home blood pressure monitoring, Web communication, and pharmacist care on hypertension control: a randomized controlled trial. *JAMA*, 299(24), 2857-2867. doi: 10.1001/jama.299.24.2857
- Huang, M., Z., Kuo, S., C., Avery, M., D., Chen, W., Lin, K., C. & Gau, M., L. (2007). Evaluating effects of a prenatal web-based breastfeeding education programme in Taiwan. *Journal of Clinical Nursing*, 16(8), 1571-1579. doi: 10.1111/j.1365-2702.2006.01843.x
- Huang, S., J., Hung, W., C., Chang, M. & Chang, J. (2009). The effect of an internet-based, stage-matched message intervention on young Taiwanese women's physical activity. *Journal Health Community*, 14(3), 210-227. doi: 10.1080/10810730902805788
- Hughes, S., L., Seymour, R., B., Campbell, R., T., Shaw, J., W., Fabiyi, C. & Sokas, R. (2011). Comparison of two health promotion programs for older workers. *American Journal of Public Health*, 101(5), 883-890. doi: 10.2105/AJPH.2010.300082
- Hurling, R., Catt, M., Boni, M., D. Fairley B, W., Hurst, T., Murray, P., ... Sodhi, J., S. (2007). Using internet and mobile phone technology to deliver an automated physical activity program: randomized controlled trial. *Journal of Medical Internet Research*, 9(2), e7. Retrieved from <http://www.jmir.org>
- Hustad, J., T., Barnett, N., P., Borsari, B. & Jackson, K., M. (2010). Web-based alcohol prevention for incoming college students: A randomized controlled trial. *Addiction Behaviors*, 35(3), 183-189. doi: 10.1016/j.addbeh.2009.10.012
- Ip, W., Y., Tang, C., S. & Goggins, W., B. (2009). An educational intervention to improve women's ability to cope with childbirth. *Journal of clinical nursing*, 18(15), 2125-2135. doi: 10.1111/j.1365-2702.2008.02720.x
- Irvine, A., B., Philips, L., Seeley, J., Wyant, S., Duncan, S. & Moore, R., W. (2011). Get moving: A web site that increases physical activity of sedentary employees. *American Journal Health Promotion*, 25(3), 199-206. doi: 10.4278/ajhp.04121736
- Japanese Ministry of Internal Affairs and Communications (2013). <http://www.e-stat.jp>.

go.jp/SG1/estat>List.do?bid=000001048672&cycode=0 [2013.10.05]

- Kameda, S., Shimada, K., Tabuchi, N., Sekizuka, N. & Sakai, A. (2005). Childbirth self-efficacy scale: Relationship between outcome expectancy and self-efficacy expectancy. *Japan Society of Maternal Health, 46*(1), 201-210. (in Japanese).
- Kawai, R. (2000). *Osan erabi manual*. Rural Culture Associations Japan, 136-197. (in Japanese).
- Labrecque, M., Marcoux, S., Pinault, J, J., Laroche, C. & Martin, S. (1994). Prevention of perineal trauma by perineal massage during pregnancy: A pilot study. *Birth, 21*(1), 20-25.
- Labrecque, M., Eason, E., Marcoux, S., Lemieux, F., Pinault, J, J., Feldman, P. & Laperriere, L. (1999). Randomized controlled trial of prevention of perineal trauma by perineal massage during pregnancy. *American Journal of Obstetrics and Gynecology, 108*(3), 593-600.
- Labrecque, M., Eason, E. & Marcoux, S. (2001). Women's views on the practice of prenatal perineal massage. *International Journal of Obstetrics and Gynaecology, 108*(5), 499-504. doi: 10.1111/j.1471-0528.2001.00111.x
- Liebreich, T., Plotnikoff, C, R., Courneya, S, K. & Boule, N. (2009). Diabetes NetPLAY: a physical activity website and linked email counselling randomized intervention for individuals with type 2 diabetes. *International Journal of Behavioral Nutrition and Physical Activity, 6* (18). doi: 10.1186/1479-5868-6-18
- Lovecchio, C, P., Wyatt, T, M. & DeJong, W. (2010). Reductions in drinking and alcohol-related harms reported by first-year college students taking an online alcohol education course: A randomized trial. *Journal Health Community, 15*, 805-819. doi: 10.1080/10810730.2010.514032
- Minds (2013). http://minds4.jcqhc.or.jp/minds/pregnancy/G0000595/10_RQ9.pdf [2015-01-06]
- Mochizuki, Y., Matsuoka, M., Misumi, J., Shimizu, K. & Kimura, Y. (2008). Effects of exercise on feeling of self-efficacy in pregnant women. *Japan Society of Maternal Health, 48*(4), 489-495. (in Japanese)
- Mouttapa, M., Robertson, T, P., McEligot, A, J., Weiss, J, W., Hoolihan, L., Ora, A. &

- Trinh, L. (2011). The personal nutrition planner: A 5-week, computer-tailored intervention for women. *Journal of Nutrition Education & Behavior*, 43(3), 165-172. doi: 10.1016/j.jneb.2010.08.010
- Myburgh, P. (1991). A randomized study of two methods of teaching perineal massage: Effects on practice rates, episiotomy rates, and lacerations. *Birth*, 18(3), 153-159.
- National Institute for Health and Clinical Excellence (2014). <http://www.nice.org.uk/guidance/CG190> [2015-01-06]
- Oenema, A, Brug, J. & Lechner, L. (2001). Web-based tailored nutrition education: Results of a randomized controlled trial. *Health Education Research*, 16(6), 647-660. doi: 10.1093/her/16.6.647
- Oi K., Sokabe, M. & Kishi, E. (2000). Sexual life after childbirth: Concern and support for sexual life among postpartum women. *Journal of Japanese Society of Psychosomatic Obstetrics & Gynecology*, 5(2), 155-160. (in Japanese).
- Okubo N., Mitsuhashi, Y. & Saito, K. (2000). Perineal laceration versus episiotomy: Disruption in postnatal women's daily life. *Journal of Japan Academy of Midwifery*, 14(1), 35-44. (in Japanese).
- Paschall, M, J., Antin, T., Ringwalt, C, L. & Saltz, R, F. (2011). Effects of AlcoholEdu for college on alcohol-related problems among freshmen: A randomized multicampus trial. *Journal of Studies on Alcohol and Drugs*, 72(4), 642-650. Retrieved from <http://www.jsad.com>
- Patrick, K., Raab, F., Adams, M, A., Dillon, L., Zabinski, M., Rock, C, L., ... Norman, G, J. (2009). A text message-based intervention for weight loss: Randomized controlled trial. *Journal of Medical Internet Research*, 11 (1), e1. doi: 10.2196/jmir.1100
- Pisinger, C., Jorgensen, M, M., Moller, N, E., Dossing, M. & Jorgensen, T. (2010). A cluster randomized trial in general practice with referral to a group-based or an Internet-based smoking cessation programme. *Journal of Public Health*, 32(1), 62-70. doi: 10.1093/pubmed/fdp072
- Postel, M, G., Haan, H, A., Huume, E, D., Becker, E, S. & Jong, C, A. (2010). Effectiveness of a web-based intervention for problem drinkers and reasons for dropout: Randomized controlled trial. *Journal of Medical Internet Research*, 12(4), e68. doi:

- Rothert, K., Strecher, V. J., Doyle, L. A., Caplan, W. M., Joyce, J. S., Jimison, H. B., Karm, L. M. et al. (2006). Web-based weight management programs in an integrated health care setting: A randomized, controlled trial. *Obesity, 14*(2), 266-272. doi: 10.1038/oby.2006.34
- Sato, K., Hasegawa, M. & Toyooka, M. (1994). Einsekkai wouketa hahaoya no toutu oyobi fuan ni kannsuru kenkyu. *Japan Society of Maternal Health, 35*(4), 284-291. (in Japanese).
- Sato, K.(2004). Einsekkai wo uketa jokufu no toutuukannwa oyobi fuannkeigenn ni kannsuru kanngokainyu no yukousei. *Japan Society of Maternal Health, 45*(3), 99. (in Japanese).
- Shimada, M. (2003). A comparative study on aftereffects of perineum injury. *Journal of Japan Academy of Midwifery, 17*(2), 6-15. (in Japanese).
- Shimada, M. (2005a). Ninshintyu ni einbujikomassage wo okonatta jokufu ga massage nitaishite idaita kimoti. *Journal of Japan Academy of Midwifery, 18*(3), 272-273. (in Japanese)
- Shimada, M. (2005b). A randomized controlled trial on evaluation effectiveness of perineal massage during pregnancy in primiparous women. *Journal of Japan Academy of Nursing Science, 25*(4), 22-29. (in Japanese).
- Shimizu, K (2011). How do you provide intrapartum care to low-risk women? : A survey in Japan. (Unpublished master's thesis), St. Luke's college of nursing, Graduate school, Tokyo. (in Japanese).
- Shimonokado, M., Takahashi, M., Matsuzaki, Y. & Narita, M. (1995). Einhougou wo uketa jokufu no hougoubu no joutai to toutu no kannkei – REEDA score wo siyousite-. *Japan Society of Maternal Health, 36*(2), 322-327. (in Japanese).
- Shipman, M. K., Boniface, D. R., Tefft, M. E. & McCloghry, E. (1997). Antenatal perineal massage and subsequent perineal outcomes: A randomized controlled trial. *British Journal of Obstetrics and Gynaecology, 104*, 787-791.
- Swartz, L. H., Noell, J. W., Schroeder, S. W. & Ary, D. V. (2006). A randomised control study of a fully automated internet based smoking cessation programme. *Tobacco*

Control, 15(1), 7-12. Retrieved from <http://tobaccocontrol.bmjjournals.org>

- Swartz, L. H., Sherman, C. A., Harvey, S. M., Blanchard, J., Vawter, F. & Gau, J. (2011). Midlife women online: Evaluation of an internet-based program to prevent unintended pregnancy & STIs. *Journal of Women & Aging, 23*(4), 342-359. doi: 10.1080/08952841.2011.613255
- Takaoka, S. (2013). An evaluation of relationship between the prevalence of postpartum urinary incontinence and intrapartum factors: comparison between spontaneous delivery and assisted delivery. *Journal of Japan Academy of Midwifery, 7*(1), 29-39. (in Japanese).
- Takeuchi, S (2014). Nursing care for postpartum perineal pain at Japanese hospitals and birth centers. *Japan Society of Maternal Health, 55*(2), 342-349. (In Japanese).
- Takeuchi, S & Horiuchi, S. (2014). Why don't pregnant women practice antenatal perineal massage?: an empirical investigation. *Journal of Japan Academy of Midwifery, 28*(2), 173-182.. (in Japanese)
- Tsujioka, M., Inukai, S., Kitazono, M., Shimada, A., Suzuki, N., Yamaji, S., Yokoyama, M. et al. (1996). Einsekkai ga jokufu no nitijouseikatudousa niyobosu eikyou – taiinngo suukagetu no nitijouseikatudousa ni tomonau fukaikann no jittai-. *Japan Society of Maternal Health, 37*(3), 146. (in Japanese).
- Turner-McGrievy, G. & Tate, D. (2011). Tweets, Apps, and Pods: results of the 6-month mobile pounds off digitally (mobile pod) randomized weight-loss intervention among adults. *Journal of Medical Internet Research, 13*(4). doi: 10.2196/jmir.1841
- Wakita, M., Irisawa, M., Horiuchi, H. & Kabeyama, K. (2000). Syussanngo no josei niyoru einsekkai no hyouka. *Japan Society of Maternal Health, 41*(3), 242. (in Japanese).
- Yardley, L., Miller, S., Schlotz, W. & Little, P. (2011). Evaluation of a Web-based intervention to promote hand hygiene; Exploratory randomized controlled trial. *Journal of Medical Internet Research, 13*(4), e107. doi: 10.2196/jmir.1963