

Gender/Career Development

📅 Sun. Jul 19, 2026 3:45 PM - 5:15 PM JST | Sun. Jul 19, 2026 6:45 AM - 8:15 AM UTC | 🏛️ Main Hall(Main Conference Hall in Kojin Kaikan)

Education/Health/Career

Chair:Herwansyah Herwansyah(Graduate School of Biomedical and Health Sciences, Hiroshima University)

3:45 PM - 4:00 PM JST | 6:45 AM - 7:00 AM UTC

[aQrq5kgV-01] Midwives' Perspectives and Practices in Adolescent Pregnancy Care: A Qualitative Study in Northern Malawi

*Miyuki Toda¹, Crystal Patil², Balwani Chingatchifwe Mbakaya³, Dorkasi Mwakawanga⁴, Jing Zhou¹, Yoko Shimpuku¹ (1. Hiroshima University (Japan), 2. University of Michigan (USA), 3. University of Livingstonia (Malawi), 4. Muhimbili University (Tanzania))

4:00 PM - 4:15 PM JST | 7:00 AM - 7:15 AM UTC

[aQrq5kgV-02] **Effects of mHealth Intervention on Stress, Anxiety, and Depression Among Patients with Polycystic Ovary Syndrome: A Randomized Controlled Trial in Rural Bangladesh**

*Sadia Akter¹, Farkhanda Mahjebin², Mohammad Delwer Hossain Hawlader^{3,4}, Md Moshiur Rahman⁵, Sanmei Chen⁵, Saori Kashima^{6,7}, Sheuly Akter², Shamit Dasgupta⁸, Yoko Shimpuku^{1,5} (1. Graduate School of Innovation and practice for smart society, Hiroshima University (Japan), 2. Khwaja Yunus Ali Medical College and Hospital (Bangladesh), 3. Department of Public Health, North South University (Bangladesh), 4. NSU Global Health Institute, NGHI, North South University (Bangladesh), 5. Graduate School of Biomedical and Health Sciences, Hiroshima University (Japan), 6. Center for Planetary Health and Innovation Science, The IDEC Institute, Hiroshima University (Japan), 7. Environmental Health Sciences Laboratory, Graduate School of Advanced Science and Engineering, Hiroshima University (Japan), 8. Ministry of Health, Government of British Columbia (Canada))

4:15 PM - 4:30 PM JST | 7:15 AM - 7:30 AM UTC

[aQrq5kgV-03] Factors Influencing Breastfeeding Continuation After Returning to Work: A Cross-Sectional Study of Women Residing in Japan

*Saori Fujimoto¹, Hiromi Kawasaki¹, Nanami Funaki¹, Mari Murakami¹, Kaori Fujita¹ (1. Hiroshima University (Japan))

4:30 PM - 4:45 PM JST | 7:30 AM - 7:45 AM UTC

[aQrq5kgV-04] Nursing practice environment, work-family conflict, and turnover intention among female nurses with children under 18 years of age in Japan: A nationwide cross-sectional study

*Liyuan Zheng¹, Hiromi Kawasaki¹, Wenjie Guo¹, Miyuki Toda¹, Yoko Shimpuku¹ (1. Graduate School of Biomedical and Health Sciences, Hiroshima University (Japan))

4:45 PM - 5:00 PM JST | 7:45 AM - 8:00 AM UTC

[aQrq5kgV-05] Fathers' experiences of supporting human milk feeding for preterm infants in Neonatal Intensive Care Units with parent–infant separation in China: a qualitative descriptive study

*Wenjie Guo¹, Li Wang², Haiyan Zhang³, Sanmei Chen¹, Maggie Zgambo⁴, Yan Wu⁵, Yanmei Bu⁶, Man Qi⁵, Ling Yang⁵, Yoko Shimpuku¹ (1. Global Health Nursing, Graduate School of Biomedical and Health Sciences, Hiroshima University (Japan), 2. Department of Nursing, Maternal and Child Health Hospital of Jiaozuo (China), 3. Department of Medical Records Management, The Second People's Hospital of Jiaozuo (China), 4. School of Nursing and Midwifery, Edith Cowan University (Australia), 5. Neonatal Intensive Care Unit, Maternal and Child Health Hospital of Jiaozuo (China), 6. Neonatal Intensive Care Unit, The Second People's Hospital of Jiaozuo (China))

Session

World Forum for Women in Science – Japan/12th International Conference for Women in Science without Borders (WISWB)

5:00 PM - 5:15 PM JST | 8:00 AM - 8:15 AM UTC

[aQrq5kgV-06] Maternity Healthcare Professionals' Experience of Pregnant Adolescent Healthcare-Seeking Behaviour in Brunei Darussalam: A Phenomenological Study

*Siti Khuzaiyah^{1,2}, Khadizah Haji Abdul-Mumin², Sarena Haji Hashim² (1. Universitas Muhammadiyah Pekajangan Pekalongan, Central Java, Indonesia (Indonesia), 2. Universiti Brunei Darussalam (Brunei))

Gender/Career Development

Sun. Jul 19, 2026 3:45 PM - 5:15 PM JST | Sun. Jul 19, 2026 6:45 AM - 8:15 AM UTC | Main Hall(Main Conference Hall in Kojin Kaikan)

Education/Health/Career

Chair:Herwansyah Herwansyah(Graduate School of Biomedical and Health Sciences, Hiroshima University)

3:45 PM - 4:00 PM JST | 6:45 AM - 7:00 AM UTC

[aQrq5kgV-01] Midwives' Perspectives and Practices in Adolescent Pregnancy Care: A Qualitative Study in Northern Malawi

*Miyuki Toda¹, Crystal Patil², Balwani Chingaticifwe Mbakaya³, Dorkasi Mwakawanga⁴, Jing Zhou¹, Yoko Shimpuku¹ (1. Hiroshima University (Japan), 2. University of Michigan (USA), 3. University of Livingstonia (Malawi), 4. Muhimbili University (Tanzania))

Keywords : Adolescent pregnancy、Youth-friendly care、Malawi、Antenatal care

[Purpose]Adolescent pregnancy is highly prevalent in Malawi, with rates among the highest worldwide. Pregnancy has physical, psychological, and psychosocial effects on adolescent mothers and their offspring. Despite widespread awareness of these adverse outcomes, there remains limited focus on tailored care for this vulnerable group. Midwives are frontline providers for adolescents, addressing challenges throughout the maternity period. This study explored midwives' perspectives and practices regarding adolescent pregnancy care in Malawi to uncover the barriers to and facilitators of comprehensive care.

[Method]This study used a descriptive qualitative design. Six focus group discussions were conducted with 38 midwives purposefully recruited from three hospitals in Northern Malawi. Thematic analysis was used to identify key themes related to midwives' perspectives and practices.

[Results]Three themes emerged from the analysis: (1) perspectives and attitudes related to positive engagement, (2) care practice as holistic care, and (3) envisioning equitable opportunity to receive antenatal care. Midwives engaged empathetically with adolescents, building trust and providing individualized health education. They collaborated with families and other professionals to support pregnant adolescents. However, system inadequacies and sociocultural factors were identified as the primary challenges. In response, midwives advocated for youth-friendly care training, dedicated antenatal care sites, community engagement and peer support networks.

[Consideration]Addressing existing challenges and implementing the recommended strategies could improve the quality of care and maternal and newborn health outcomes. Moreover, the findings emphasize the need to invest in midwifery training and supportive infrastructure to ensure that midwives are equipped with skills to meet the unique needs of adolescent mothers.

[Conclusion]The findings underscore the critical role of midwives in delivering youth-friendly care and provide actionable insights to address the identified gap in comprehensive care for pregnant adolescents in Malawi.

Gender/Career Development

Sun. Jul 19, 2026 3:45 PM - 5:15 PM JST | Sun. Jul 19, 2026 6:45 AM - 8:15 AM UTC | Main Hall(Main Conference Hall in Kojin Kaikan)

Education/Health/Career

Chair:Herwansyah Herwansyah(Graduate School of Biomedical and Health Sciences, Hiroshima University)

4:00 PM - 4:15 PM JST | 7:00 AM - 7:15 AM UTC

[aQrq5kgV-02] **Effects of mHealth Intervention on Stress, Anxiety, and Depression Among Patients with Polycystic Ovary Syndrome: A Randomized Controlled Trial in Rural Bangladesh**

*Sadia Akter¹, Farkhanda Mahjebin², Mohammad Delwer Hossain Hawlader^{3,4}, Md Moshir Rahman⁵, Sanmei Chen⁵, Saori Kashima^{6,7}, Sheuly Akter², Shamit Dasgupta⁸, Yoko Shimpuku^{1,5} (1. Graduate School of Innovation and practice for smart society, Hiroshima University (Japan), 2. Khwaja Yunus Ali Medical College and Hospital (Bangladesh), 3. Department of Public Health, North South University (Bangladesh), 4. NSU Global Health Institute, NGH, North South University (Bangladesh), 5. Graduate School of Biomedical and Health Sciences, Hiroshima University (Japan), 6. Center for Planetary Health and Innovation Science, The IDEC Institute, Hiroshima University (Japan), 7. Environmental Health Sciences Laboratory, Graduate School of Advanced Science and Engineering, Hiroshima University (Japan), 8. Ministry of Health, Government of British Columbia (Canada))

Keywords : PCOS、mHealth、app-based health education.

Background: Polycystic ovary syndrome (PCOS) is a complex endocrine, metabolic, and reproductive condition affecting 6–20% of women of reproductive age. The condition has both physical and mental health outcomes. While the physical symptoms are often expressed and diagnosed, the mental health outcomes are ignored and undiagnosed. In Bangladesh, research exploring the impact of digital health interventions on the mental health burden is scarce. **Objective:** The study aims to explore the effect of mHealth education on the stress, anxiety, and depression levels among PCOS patients in Bangladesh. **Methods:** A single-blinded, randomized controlled trial was conducted at Khwaja Yunus Ali Medical College and Hospital, Sirajganj, Bangladesh. A total of 212 participants were randomly assigned and divided to 106 to either the intervention group or the control group in the study. The intervention group received PCOS-related health education via a smartphone app reinforced with app notifications and bi-monthly phone calls from the researcher. The primary outcome was psychological distress measured by the DASS-21 total score. Secondary outcomes included serum cortisol, total testosterone, BMI, and PCOS knowledge. **Results:** DID analysis showed a greater reduction in psychological distress in the intervention group, with an estimated effect of –13.64 points on DASS-21 total score. Total testosterone also decreased more in the intervention group, with a DID estimate of –0.42 nmol/L. Intention-to-treat analysis showed significant group-by-time effects for psychological distress ($p = 0.003$) and testosterone ($p = <0.001$). ANCOVA showed significantly lower baseline testosterone in the intervention group ($\beta = -0.14$, $p = 0.023$), while the adjusted DASS-21 difference favored the intervention but was not statistically significant ($\beta = -2.99$, $p = 0.226$). BMI and cortisol showed variable effects. Qualitative findings revealed that participants found the app easy to understand and useful for improving awareness. However, household responsibilities, fatigue, irregular app use, and limited personal smartphone access affected engagement. **Conclusion:** A culturally adapted mHealth education intervention improved psychological well-being among women with PCOS.

Gender/Career Development

Sun. Jul 19, 2026 3:45 PM - 5:15 PM JST | Sun. Jul 19, 2026 6:45 AM - 8:15 AM UTC | Main Hall(Main Conference Hall in Kojin Kaikan)

Education/Health/Career

Chair:Herwansyah Herwansyah(Graduate School of Biomedical and Health Sciences, Hiroshima University)

4:15 PM - 4:30 PM JST | 7:15 AM - 7:30 AM UTC

[aQrq5kgV-03] Factors Influencing Breastfeeding Continuation After Returning to Work: A Cross-Sectional Study of Women Residing in Japan

*Saori Fujimoto¹, Hiromi Kawasaki¹, Nanami Funaki¹, Mari Murakami¹, Kaori Fujita¹ (1. Hiroshima University (Japan))

Keywords : Breastfeeding continuation、Return to work、Cross-Sectional Study、Workplace support、Japan

[Purpose] To identify factors associated with breastfeeding continuation one month after returning to work and compare their relative contributions within a unified analytical framework.

[Method] A cross-sectional online panel survey was conducted in Japan in January 2023 among women who had returned to work after childbirth and whose first child was <36 months old. The outcome was any breastfeeding at one month after return. Key exposures included prenatal intention, supervisor/coworker understanding (three levels), and workplace support use score (seven items). The covariates included children's age at return, weekly working hours, and support recognition. Firth's penalized logistic regression was used to address low-frequency cells, with penalized likelihood ratio (PLR) tests for inference. Incremental contributions were examined by sequentially adding key exposures to the covariate-only model and evaluating the Δ PLR.

[Results] A total of 282 women were analyzed (breastfeeding continuers, n=124; non-continuers, n=158). Prenatal intention (aOR 4.75, $p<.0001$) and workplace support use (aOR 1.89, $p<.0001$) were independently associated with continuation, whereas later return was negatively associated (aOR 0.92, $p=.002$). Support recognition and working hours were not significant. Model fit improved after adding prenatal intention (Δ PLR=87.99, $df=1$, $p<.0001$) and support use (Δ PLR=18.54, $df=1$, $p<.0001$); supervisor/coworker understanding showed no significant incremental contribution (Δ PLR=3.03, $df=2$, $p=.219$). Model performance was acceptable (AUC=0.858; McFadden $R^2=0.343$).

[Consideration] Prenatal intention showed the largest contribution, and actual workplace support use had an independent positive association. Supervisor/coworker understanding had a minimal direct effect. The effect of return-to-work timing should be interpreted cautiously, given the possible confounding effect of age-related natural weaning.

[Conclusion] Prenatal intentions and actual workplace support use were the strongest contributors to early post-return breastfeeding continuation in Japan. Implementing (1) interventions that foster intention during pregnancy and (2) workplace systems that ensure the availability and actual use of support is essential.

Gender/Career Development

Sun. Jul 19, 2026 3:45 PM - 5:15 PM JST | Sun. Jul 19, 2026 6:45 AM - 8:15 AM UTC | Main Hall(Main Conference Hall in Kojin Kaikan)

Education/Health/Career

Chair:Herwansyah Herwansyah(Graduate School of Biomedical and Health Sciences, Hiroshima University)

4:30 PM - 4:45 PM JST | 7:30 AM - 7:45 AM UTC

[aQrq5kgV-04] Nursing practice environment, work-family conflict, and turnover intention among female nurses with children under 18 years of age in Japan: A nationwide cross-sectional study

*Liyuan Zheng¹, Hiromi Kawasaki¹, Wenjie Guo¹, Miyuki Toda¹, Yoko Shimpuku¹ (1. Graduate School of Biomedical and Health Sciences, Hiroshima University (Japan))

Keywords : female nurses、turnover intention、work-family conflict、nursing practice environment

[Purpose]

To investigate the levels of nursing practice environment, work-family conflict, and turnover intention, and explore the mediating role of work-family conflict between nursing practice environment and turnover intention among female nurses with children under 18 years.

[Method]

An online survey recruited 305 registered female nurses from 45 prefectures across Japan between July and September 2025. Variables were measured using demographic data, and scales of maternal feeling of childcare burden, the practice environment of the nursing work index, work-family conflict, and turnover intention. Data analyses were performed using one-way analysis of variance, *t*-tests, Pearson correlation analysis, multivariate linear regression analysis, and the Process 4.0 macro plug-in method (SPSS v. 26.0).

[Results]

Turnover intention among female nurses differed significantly according to their cohabitation status, youngest child's age, department, shift pattern, weekly overtime hours, night-shift frequency and the schedule notice period. Nurses who lived alone with children, had a child aged 16-18, with weekly overtime more than 8 hours, and received schedules only 1-3 days in advance showed significantly higher turnover intention. Participants scored 12.50 ± 7.22 on maternal feeling of childcare burden scale, 2.41 ± 0.51 on the practice environment scale, 3.08 ± 0.65 on work-family conflict scale, and 15.20 ± 4.89 on turnover intention scale. Higher work-family conflict was associated with greater turnover intention ($B=0.118$, $SE=0.023$, $\beta=0.282$, $p<0.001$) after controlling for the nursing practice environment.

[Consideration]

Resources should foster supportive workplace culture that enhance task efficiency to manage workloads and minimise excessive overtime. Beyond the hospital, long-term cultural change promoting equitable distribution of domestic labor is essential.

[Conclusion]

Gender/Career Development

Sun. Jul 19, 2026 3:45 PM - 5:15 PM JST | Sun. Jul 19, 2026 6:45 AM - 8:15 AM UTC | Main Hall(Main Conference Hall in Kojin Kaikan)

Education/Health/Career

Chair:Herwansyah Herwansyah(Graduate School of Biomedical and Health Sciences, Hiroshima University)

4:45 PM - 5:00 PM JST | 7:45 AM - 8:00 AM UTC

[aQrq5kgV-05] Fathers' experiences of supporting human milk feeding for preterm infants in Neonatal Intensive Care Units with parent–infant separation in China: a qualitative descriptive study

*Wenjie Guo¹, Li Wang², Haiyan Zhang³, Sanmei Chen¹, Maggie Zgambo⁴, Yan Wu⁵, Yanmei Bu⁶, Man Qi⁵, Ling Yang⁵, Yoko Shimpuku¹ (1. Global Health Nursing, Graduate School of Biomedical and Health Sciences, Hiroshima University (Japan), 2. Department of Nursing, Maternal and Child Health Hospital of Jiaozuo (China), 3. Department of Medical Records Management, The Second People's Hospital of Jiaozuo (China), 4. School of Nursing and Midwifery, Edith Cowan University (Australia), 5. Neonatal Intensive Care Unit, Maternal and Child Health Hospital of Jiaozuo (China), 6. Neonatal Intensive Care Unit, The Second People's Hospital of Jiaozuo (China))

Keywords : father、 human milk feeding、 neonatal intensive care unit、 preterm infant

Aims

Fathers play an important role in Human milk feeding during preterm infants' hospitalization. However, research on fathers' experiences in supporting breastfeeding remains limited. This study aimed to explore fathers' experiences and needs in supporting their partners' human milk feeding for preterm infants during Neonatal Intensive Care Units hospitalization in China.

Methods

This study employed a qualitative descriptive design. Using maximum variation and purposive sampling, 19 fathers of preterm infants hospitalized in the Neonatal Intensive Care Units were recruited. Between August and September 2025, semi-structured interviews were conducted in the Neonatal Intensive Care Units of two tertiary public hospitals in Jiaozuo, China. The interviews were transcribed verbatim and analyzed using a thematic analysis approach. Ethical approval was obtained from the Ethics Review Boards of the Second People's Hospital (Ref: KY2024-03-130) and the Maternal and Child Health Hospital of Jiaozuo City (Ref: 2024-K-Y-0408).

Results

Three main themes and seven subthemes were generated. The three main themes were: (1) Different paternal roles in human milk feeding support; (2) Navigating multilevel challenges in supporting human milk feeding; (3) A call for family-centered human milk feeding support.

Conclusions

Fathers of preterm infants in separation-based NICUs assumed differentiated roles in human milk feeding support, shaped by their role perceptions and caregiving contexts. Their experiences revealed substantial caregiving burdens and multilevel challenges, including knowledge and skill gaps as well as institutional barriers. Systematically integrating fathers into neonatal feeding support through family-centered care, continuous professional lactation guidance, and assessment of paternal role types may enable tailored interventions, strengthen paternal engagement, and optimize human milk feeding practices.

Gender/Career Development

Sun. Jul 19, 2026 3:45 PM - 5:15 PM JST | Sun. Jul 19, 2026 6:45 AM - 8:15 AM UTC | Main Hall(Main Conference Hall in Kojin Kaikan)

Education/Health/Career

Chair:Herwansyah Herwansyah(Graduate School of Biomedical and Health Sciences, Hiroshima University)

5:00 PM - 5:15 PM JST | 8:00 AM - 8:15 AM UTC

[aQrq5kgV-06] Maternity Healthcare Professionals' Experience of Pregnant Adolescent Healthcare-Seeking Behaviour in Brunei Darussalam: A Phenomenological Study

*Siti Khuzaiyah^{1,2}, Khadizah Haji Abdul-Mumin², Sarena Haji Hashim² (1. Universitas Muhammadiyah Pekajangan Pekalongan, Central Java, Indonesia (Indonesia), 2. Universiti Brunei Darussalam (Brunei))

Keywords : adolescent pregnancy、 healthcare-seeking behaviour、 socio-ecological model、 maternity healthcare professionals、 hermeneutic phenomenology

[Purpose] This study explored how maternity healthcare professionals (MHCPs) understand and experience pregnant adolescents' healthcare-seeking behaviour (HSB), and used these insights to inform a context-specific socio-ecological understanding of adolescent HSB in Brunei Darussalam.

[Method] Guided by a constructivist-interpretive paradigm and Van Manen's hermeneutic phenomenology of practice, semi-structured interviews were conducted with 35 MHCPs, including nurses, midwives, and doctors working in Brunei Darussalam. Data were analysed iteratively using the socio-ecological model (SEM) to organise findings across intrapersonal, interpersonal, social/community, and healthcare system levels. Van Manen's lifeworld existentials (lived body, lived time, lived space, and lived relation) informed deeper interpretation of participants' accounts.

[Results] At the intrapersonal level, adolescents' knowledge, emotional responses, bodily awareness, and developing maternal identity shaped how they interpreted and acted upon pregnancy. Interpersonally, parents and partners often acted as gatekeepers or facilitators of antenatal care access. Socially, gossip, religio-cultural expectations, and community visibility influenced decisions to disclose or conceal pregnancy. At the healthcare system level, service accessibility, clinic practices, and follow-up procedures functioned as both barriers and supports. Healthcare-seeking emerged not as a single decision, but as an ongoing negotiation of legitimacy, risk, and care within a closely connected socio-cultural and institutional context.

[Consideration] Adolescent pregnancy remains a significant public health and social concern in Brunei Darussalam. Despite available maternity services, little is known about how pregnant adolescents navigate and experience healthcare within everyday practice.

[Conclusion] . MHCPs experienced adolescent HSB and antenatal care engagement as complex and multi-layered. Improving service use requires empowering adolescents and families while strengthening adolescent-friendly healthcare systems.