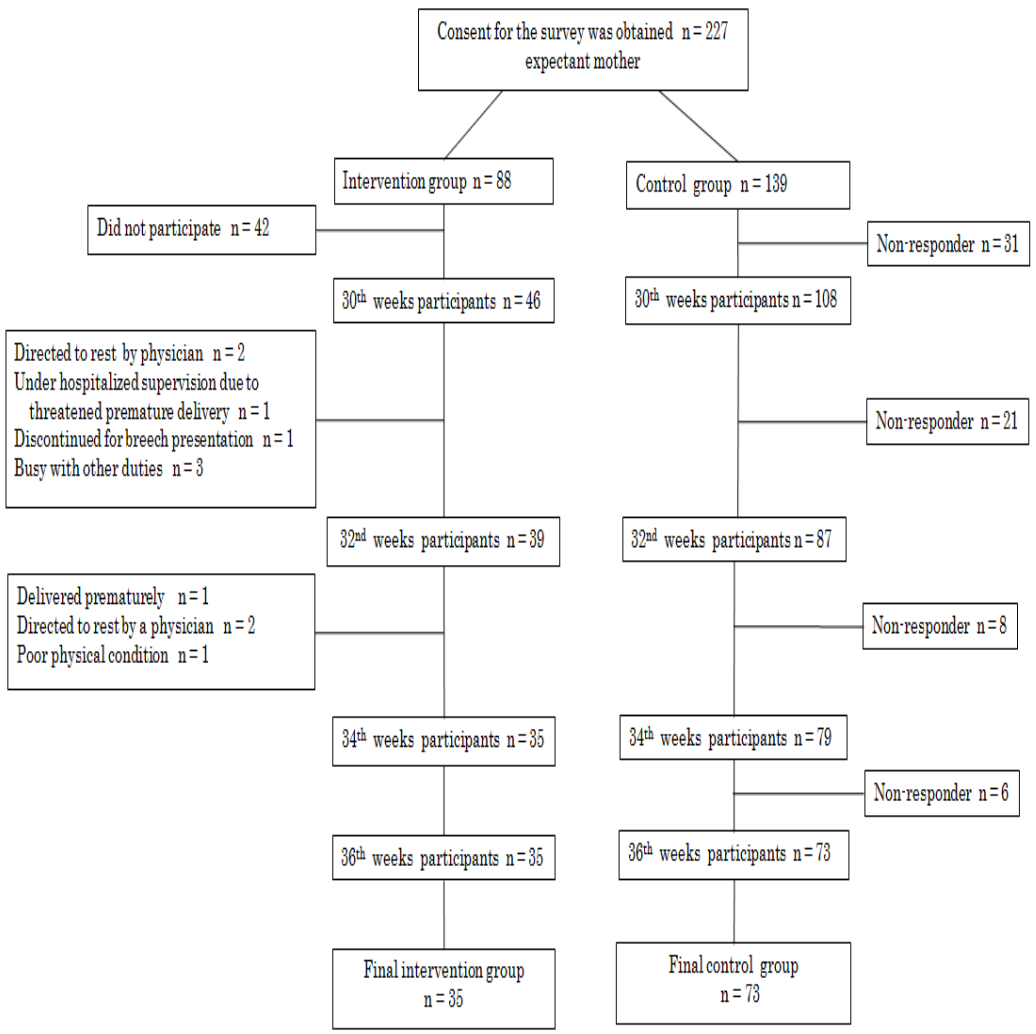
Consent for the survey was obtained n = 227
expectant mother
Intervention group n = 88
Control group n = 139
Did not participate n = 42
Non-responder n = 31
30th weeks participants n = 46
30th weeks participants n = 108
Directed to rest by physician n = 2
Under hospitalized supervision due to threatened premature delivery n = 1
Discontinued for breech presentation n = 1
Busy with other duties n = 3
Non-responder n = 21
32nd weeks participants n = 39
32nd weeks participants n = 87
Delivered prematurely n = 1
Directed to rest by a physician n = 2
Poor physical condition n = 1
Non-responder n = 8
34th weeks participants n = 35
34th weeks participants n = 79
Non-responder n = 6
36th weeks participants n = 35
36th weeks participants n = 73
Final intervention group
n = 35
Final control group
n = 73