

## عنوان مقاله:

Predictor Factors of Breastfeeding Attitude in Iranian Breastfeeding Mothers: A Cross-Sectional Study

## محل انتشار:

مجله بین المللی کودکان، دوره 7، شماره 3 (سال: 1398)

تعداد صفحات اصل مقاله: 11

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## خلاصه مقاله:

Background: Breastfeeding is an ideal nutritional method that has many benefits for mothers, infants and the health system. Negative attitude toward breastfeeding is accompanied with unpleasant consequences. We aimed to determine the predictors of breastfeeding attitude in Iranian breastfeeding mothers. Materials and Methods: This descriptive-analytical and cross-sectional study was conducted on 346 mothers in the first 24-48 hours after delivery in selected hospitals of Shahid Beheshti University of Medical Sciences in Tehran, Iran. Convenience and continuous sampling method was used in this study. The Iowa Infant Feeding Attitude Scale (IIFAS), Breastfeeding self-efficacy scale-shortform (BSES-SF), and researcher made questioner for socio-demographic, obstetric and breastfeeding characteristics were used for data collection. Results: The mean score of attitude was  $45.90 \pm 4.68$  out of 11-55, which indicates a positive attitude toward breastfeeding. The results showed a significant relationship between mother age, breastfeeding self-efficacy score, mother's employment status, planned pregnancy, selected feeding method for infant, and the breastfeeding duration of the previous child with breastfeeding attitude score ( $P < 0.05$ ). According to multiple linear regression model, maternal age ( $B=0.110$ ,  $P=0.015$ ), breastfeeding self-efficacy ( $B=0.102$ ,  $P=0.001$ ), maternal employment ( $B=1.286$ ,  $P=0.021$ ), and planned pregnancy ( $B=1.638$ ,  $P=0.003$ ) were predictors of breastfeeding attitude in mothers. Conclusion: According to the results maternal age, breastfeeding self-efficacy, maternal employment and planned pregnancy were predictors of breastfeeding attitude in mothers. Hence, development of suitable educational programs tailored to the needs of mothers, during pregnancy and the postpartum period and adequate support of mothers are essential to improve and enhance breastfeeding attitude and self-efficacy in breastfeeding mothers.

## کلمات کلیدی:

Attitude, Breastfeeding, Infant, mothers, Self-efficacy

