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The effect breastfeeding counseling on self-efficacy and continuation breastfeeding among primiparous mothers in Iran

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Background: Breastfeeding is one of the most important factors in ensuring the health of infants. Self-efficacy of mothers is effective on promotion and continuation of breastfeeding. The aim of this study was to determine the effect of lactation counseling on self-efficacy and continuation of breast-feeding in primiparous mothers.

Methods: This study was a randomized clinical trial. In this study, 104 qualified primiparous women after vaginal delivery were randomly assigned into two groups (case and control). The data collected through a questionnaire that included demographic characteristics, self-efficacy in breastfeeding, and continuation of Exclusive Breast Feeding (EBF). Before the consultation questionnaire was completed by both groups. The four weekly sessions during a month and three monthly telephone follow-ups were conducted in intervention group. While the control group received only routine care. After fourth month of delivery, the two groups were re-examined. Data analyzed using the independent t-test, paired t test.

Results: Two groups had no significant differences in demographic variables. Before consultation, there was not any significant difference on self-efficacy and breastfeeding between intervention and control group. After consultation, there was a significant difference on self-efficacy and breastfeeding between intervention and control group. The mean score of self-efficacy and EBF have increased significantly in intervention group ($P < 0.01$). However, a significant decrease was observed in the control group ($P < 0.01$).

Conclusions: With regard to the role of consulting on self-efficacy and breastfeeding continuation, it suggests that this consultation is scheduled to take place in hospitals.

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