

## عنوان مقاله:

Predictors of Exclusive Breastfeeding in Mothers Visiting Tabriz Health Centers in Iran: A Cross-sectional Study

## محل انتشار:

مجله مامایی و بهداشت باروری، دوره 10، شماره 1 (سال: 1401)

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## خلاصه مقاله:

**Background & aim:** Exclusive breastfeeding for the first ۶ months of life is recommended for all infants. Therefore, this study was performed to determine the predictors of exclusive breastfeeding in mothers. **Methods:** This cross-sectional study was conducted on ۱۸۳ lactating mothers with infant aged ۶ months referring to Tabriz health centers and health bases in July to October ۲۰۱۷. Sampling was done by a two-stage cluster random sampling method. Data were collected using the infant feeding checklist, the Iowa Infant Feeding Attitude Scale (IIFAS), and the Self-efficacy Scale. Independent t-test was used to determine the relationship between feeding attitude and breastfeeding self-efficacy. Logistic regression was used to determine the predictors of exclusive breastfeeding. **Results:** Mean of attitude toward breastfeeding was  $55.13 \pm 5.5$  (ranging ۱۷ to ۸۵). Mean of breastfeeding self-efficacy was  $131.8 \pm 15.5$  (ranging ۳۳ to ۱۶۵). From ۱۸۳ mothers who participated in the study, ۷۲.۰% reported exclusive breastfeeding. The results showed a statistically significant correlation between exclusive breastfeeding with feeding attitude ( $P = 0.005$ ) and breastfeeding self-efficacy ( $P = 0.004$ ). According to the logistic regression model, there was a statistically significant relationship between neutral breastfeeding attitude with positive attitude toward formula feeding ( $OR=16.6$ ;  $P<0.001$ ), vaginal delivery ( $OR=9.3$ ;  $P<0.001$ ), breastfeeding immediately after delivery ( $OR=6.8$ ;  $P=0.006$ ), personal experience of breastfeeding ( $OR=11$ ;  $P=0.008$ ) and refusal to breastfeed ( $OR=8.7$ ;  $P=0.003$ ). These variables led to increased frequency of exclusive breastfeeding. **Conclusion:** It is recommended to promote practical management to resolve breastfeeding problems as well as encouraging women for vaginal delivery and early breastfeeding.

## کلمات کلیدی:

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