

## عنوان مقاله:

The Effect of Postnatal Depression on Exclusive Breastfeeding: A Systematic Review and Meta-Analysis

## محل انتشار:

ششمین کنفرانس بین المللی یافته های نو در مامایی، زنان، زایمان و نازایی (سال: 1400)

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## خلاصه مقاله:

**Background:** Postpartum depression is a serious mood disorder that affects the physical and mental health of mothers and infants. Some studies have reported the relationship between postpartum depression and breastfeeding. This study aimed to assess the effect of postnatal depression on exclusive breastfeeding. **Design:** A systematic review and meta-analysis **Methods:** A systematic literature search in English was conducted using PubMed, Google Scholar, Scopus, Web of Science, and Cochrane Library Databases from their start dates until February ۲۰۲۱. Outcome estimates were pooled by odds ratios (ORs). Forest plots were used to express the results of each study and the heterogeneity among studies, and a potential source of heterogeneity was investigated using subgroup analysis. Statistical analyses were implemented using Stata version ۱۷.۰. **Result:** Women with postpartum depression significantly had ۲.۱۷ times (۹۵% CI, ۱.۵۰-۳.۱۶;  $P < .۰۰۱$ ) higher odds of nonexclusive breastfeeding than those without postpartum depression. Also, the random effect meta-analysis showed that non-exclusive breastfeeding was ۷۵ percent (OR ۱.۷۵, ۹۵% CI ۱.۴۶-۲.۰۹) greater in depressed mothers than in their non-depressed counterparts in studies using cut point  $\geq 12$  as a standard symptom of depression for the EPDS scale. There was no heterogeneity in estimating this pooled effect size. **Conclusion:** Women with postpartum depressive symptoms are vulnerable to discontinuation of exclusive breastfeeding

## کلمات کلیدی:

Postpartum depression, postnatal depression, breastfeeding, lactation, exclusive breastfeeding

## لینک ثابت مقاله در پایگاه سیویلیکا:

