

## عنوان مقاله:

Effects of Companionship in Training Sessions on Primiparous Women's Knowledge, Attitude and Performance toward Breastfeeding

## محل انتشار:

مجله بین المللی کودکان, دوره 5, شماره 11 (سال: 1396)

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## خلاصه مقاله:

**Background** The present study aimed to explore effects of companionship in training sessions on primiparous women's knowledge, attitude and performance toward breastfeeding. **Materials and Methods:** In this case- control interventional study, 105 primiparous women in the 30th to 34th weeks of pregnancy were selected and assigned to three groups, namely the intervention group without a companion ( $n=35$ ), the intervention group with a companion ( $n=35$ ), and the comparison group ( $n=35$ ). Data gathering tools was a questionnaire and breastfeeding observational checklist. The control group received routine training in the hospital, but the other groups were trained by the researcher in four 90-minute sessions. Data were collected before and after the education, immediately after childbirth, and four and eight weeks after childbirth and analyzed using SPSS(version 20.0) software and appropriate statistical tests.

**Results:** No significant difference was observed in terms of demographic variables such as: maternal and paternal educational level and occupation status between control and intervention groups ( $P > 0.05$ ). There was a significant difference between the mean scores of knowledge and attitude toward breastfeeding in the two intervention groups before and after the educational intervention, right after child birth, 4 weeks and 8 weeks after child birth ( $P < 0.001$ ). There was also a significant difference between the three groups in the mean score of performance of breastfeeding right after, 4, and 8 weeks after childbirth ( $P < 0.001$ ). **Conclusion:** According to results of this study, education during pregnancy and support from the accompanying person, before and after childbirth expand knowledge of ... breastfeeding, reinforce attitude toward

## کلمات کلیدی:

Attitude, Breastfeeding, Education, Knowledge, Performance, Primipara

