

The impact of psychosocial factors on breastfeeding duration in the BaBi-Study Analysis of a birth cohort study in Germany

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Background

- Breastfeeding is beneficial for both mother and child.
- In Germany, national guidelines recommend fully breastfeeding for at least 4 months, which has only been reached by 34% in 2012. The WHO's aim of exclusively breastfeeding for six months was reached by 19% only.
- Little is known about the impact of psychosocial factors such as personality traits and social support.

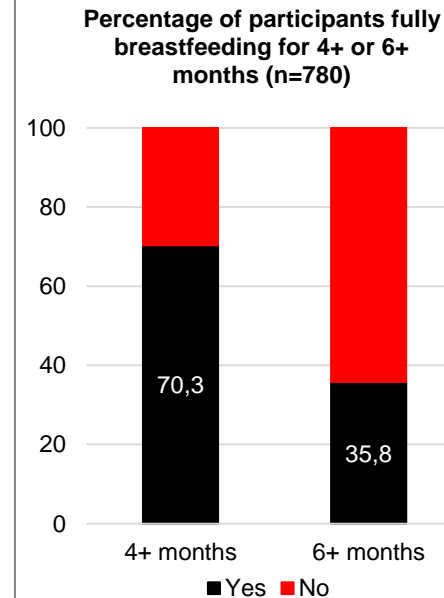
Research question

- Are there differences in the psychosocial profiles of mothers who fully breastfeed for 4+ or 6+ months?

Methods

- *Enrollment period:* 2013 - 2016
- *Sample size and data collection:* 780 women interviewed during the perinatal period (baseline) and 9-12 months after birth (follow-up) to collect data on breastfeeding and infant nutrition.
- *Dataset* includes data on pregnancy, health, socio-economic and migration background, medical data.
- *Measures of psychosocial factors:*
 - psychological characteristics: optimism-pessimism, Big Five personality traits, locus of control
 - social support: being in a partnership, having attended antenatal class and received midwife care postpartum
 - intention to breastfeed
- *Analyses:* Bivariate and multivariate analyses to identify psychosocial determinants for fully breastfeeding for 4+ and 6+ months.

Results



- Logistic regression analyses show the following influencing factors:

	4+ months	6+ months
Intention to breastfeed (ref: less than 4 months)	OR 4.96 [C.I. 3.03-8.10]	OR 3.11 [C.I. 1.76-5.48]
Attendance of antenatal class (ref: no)	OR 1.72 [C.I. 1.12-2.63]	OR 1.50 [C.I. 1.04-2.16]
Cesarean section (ref: no)	OR 0.59 [C.I. 0.39-0.90]	OR 0.90 [C.I. 0.62-1.30]; n.s.
Breastfeeding difficulties (ref: no)	OR 0.37 [C.I. 0.24-0.57]	OR 0.65 [C.I. 0.47-0.91]

- Personality traits were very similar across breastfeeding groups. They was no significant association with breastfeeding duration.

Conclusion

- Our study results suggest that individuals' breastfeeding intention and the attendance antenatal classes are positively associated with longer breastfeeding duration.
- Since differences in breastfeeding practices have the potential to create inequalities in mother and child health, more efforts are needed to take into account those influencing factors and promote behavior that is positively associated with breastfeeding duration.

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