

Joint Event on

# MIDWIFERY AND WOMEN'S HEALTH AND ONCOLOGY

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## Breastfeeding challenges and the impact of social support: A cross-sectional study

**Mina Hosseinzadeh**

Tabriz University of Medical sciences, Iran,

**Statement of the Problem:** Breast milk is the perfect food during infancy. Adequate support from family and health systems can be helpful to continue breastfeeding. This study aimed to determine the status of breastfeeding challenges and its relationship with social support and socio-demographic factors.

**Methodology and Theoretical Orientation:** In this correlational-descriptive study, 348 breastfeeding mothers were recruited using cluster random sampling from health care centers in Tabriz, Iran in 2022. Socio-demographic, breastfeeding challenges and social support questionnaires were used for data collection. Data were analyzed for descriptive and inferential statistics (Pearson correlation tests, independent t-test, one-way ANOVA and general linear model) using SPSS version 16.

**Findings:** Difficulty in completing household tasks

### Biography

Mina Hosseinzadeh is the Associate Professor, Department of Community Health Nursing, Nursing & Midwifery Faculty, Tabriz University of Medical sciences, Tabriz, Iran.

and breastfeeding at the same time (32.5 percent) was the most common challenge reported by mothers. There was an inverse and significant correlation between perceived social support and experiencing challenges ( $r = -0.199$ ;  $p = .001$ ). Based on the adjusted general linear model, with increasing social support, the score of breastfeeding challenges decreased ( $B = -0.165$ ; 95 percent CI:  $-0.07-0.25$ ,  $p < .001$ ).

**Conclusion & Significance:** Considering the relationship between perceived social support and the challenges experienced during breastfeeding, it can be concluded that adequate support from family along with training and guidance from health care providers can lead women to have better breastfeeding experiences and overcome breastfeeding problems.