The effect of motivational interviewing on the success of exclusive breastfeeding in Primiparous women: A randomized clinical trial

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Abstract

Background & Aim: Breastfeeding during the first six months of life plays a major role in preventing childhood disease and death. The purpose of this study was to investigate the effects of motivational interviews on the success of lactation in Primiparous women.

Methods: This randomized clinical trial study was performed on 210 pregnant mothers that referred to health centers of Torbat Heydariyeh. Participants were assigned to three groups of 70 motivational interviews, lectures and controls by using random block method (six equal blocks). For intervention group 1, (motivational interview), five group meetings and three phone call follow-ups were accomplished. For the intervention group 2, (lecture) a two-hour session was done about lactation training within the 31-34 weeks of pregnancy. The control group only received the routine care. The data collection tool was a questionnaire for assessing the status of exclusive breastfeeding nutrition, which was measured at the end of 2nd, 4th and 6th months of infancy. Data were analyzed using SPSS software and Chi-square, Fisher’s exact test.

Results: The three groups were homogeneous for demographic variables. The success of exclusive breastfeeding in the motivational interview group was significantly higher than the lecture group and the control group (p = 0.001). The chance of exclusive breastfeeding in the intervention group was 7.4 more than the control group and the intervention group was 2.6 more than the control group(p<0.001).

Conclusion: Considering the effect of motivational interview on the success of exclusive breastfeeding, advising this technique can be considered as a strategy to increase the success of lactation alone, especially in Primiparous mothers.

Keywords: Exclusive Breast Feeding, motivational interviewing, lecture

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