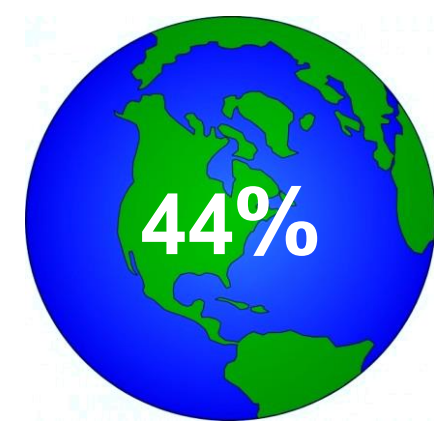


Background



Breastfeeding Recommendation¹

- 6 months exclusive breastfeeding
- 2 years+ with complementary food



Despite the benefits of breastfeeding to mothers, babies and wider society², rates fall short. Only 44% of infants worldwide were exclusively breastfed to 6 months (2015-2020)³.

Many factors, modifiable and non-modifiable, contribute to breastfeeding intention and subsequent breastfeeding outcomes.

Breastfeeding self-efficacy is a modifiable measure that is strongly associated with breastfeeding initiation, exclusivity and duration. It can be described as a woman's self-belief and confidence in her perceived ability to breastfeed⁴. This belief starts well before birth and antenatal preparation is important.

Prenatal Breastfeeding Self Efficacy



has a role in identifying groups at-risk of early cessation and in evaluating the impact of interventions aimed at improving breastfeeding⁵.

Self-efficacy interventions have been shown to be effective at improving breastfeeding outcomes⁶. However, the prenatal period appears to be underexplored in the literature.



Focusing on enhancing it prenatally may have the potential for further improvements in self-efficacy and on subsequent breastfeeding outcomes. A comprehensive knowledge synthesis on prenatal breastfeeding self-efficacy is lacking.

Aim

To explore and synthesise the current literature and evidence base on prenatal breastfeeding self-efficacy.

Identify
&
Describe



Theoretical frameworks used



Measurements of Breastfeeding Self-Efficacy



Interventions used and their impact on outcomes (breastfeeding initiation, duration, & exclusivity)

Methodology

A **scoping review** was determined to be the most appropriate methodology to address the broad and holistic exploration needed. It facilitates the systematic mapping of the literature available, identifying the extent and nature of key concepts, theories, sources and types of evidence, and potential gaps in research.

The Joanna Briggs Institute (JBI) approach will be followed. The Preferred Reporting Items for Systematic Reviews and Meta-Analysis extension for Scoping Reviews (PRISMA-ScR) checklist will be used in designing, reviewing, and reporting this review

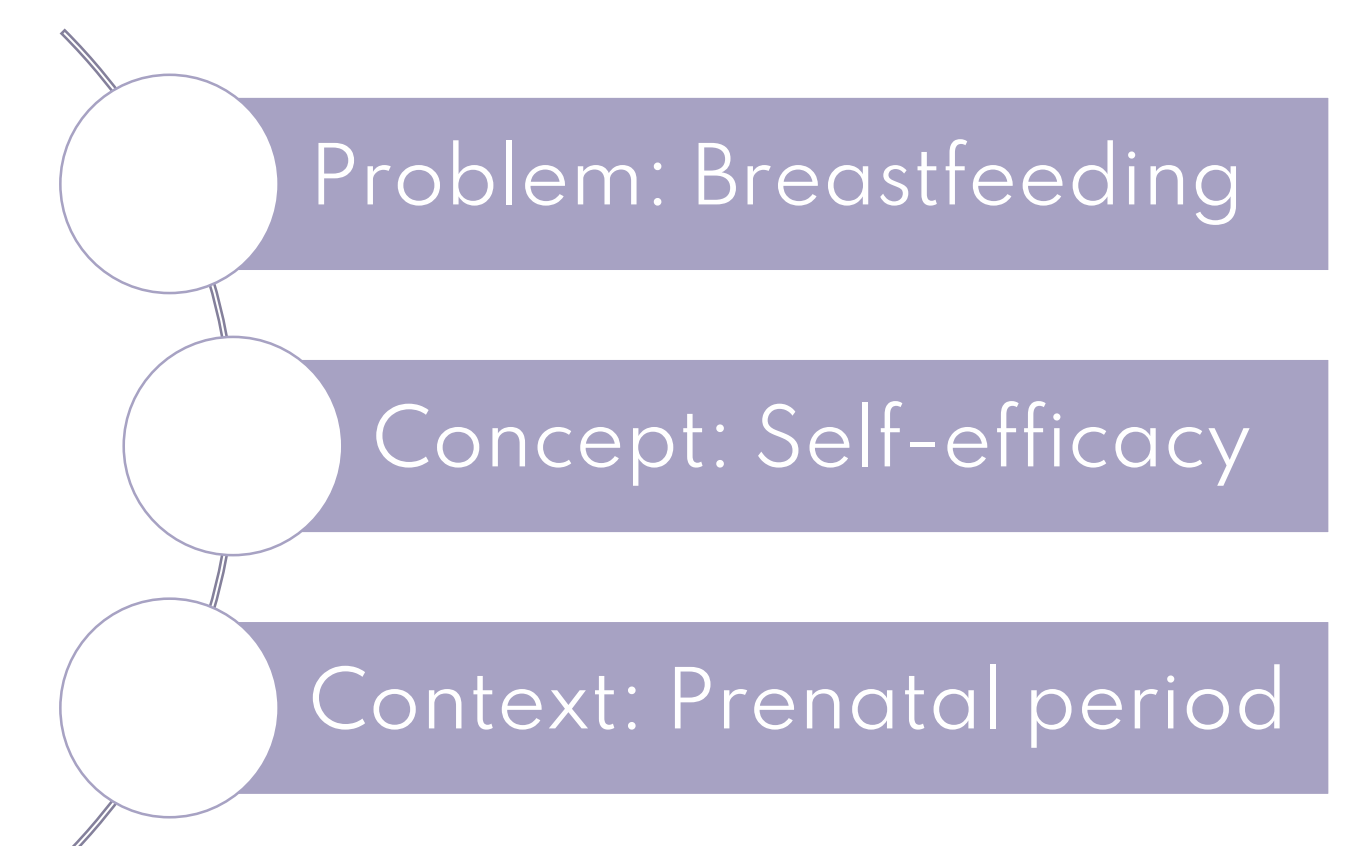


Figure 1: PCC Framework

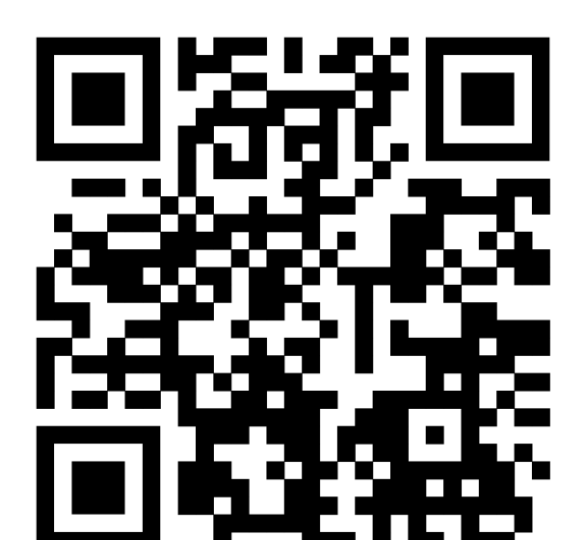


Figure 2: Database Search



Screening and data extraction will be conducted independently by at least 2 reviewers, following consistency pilot testing.

Analysis will focus on mapping the data against the review objectives.



Protocol registered with Open Science Framework (10.17605/OSF.IO/U85WK) & published in Open Research Europe - please scan QR code for access:

Conclusion

This scoping review will provide an important synthesis of the literature on prenatal breastfeeding self-efficacy. It will develop our understanding of the theoretical frameworks, measurements and interventions used, and whether any gaps exist. The review will inform and support future research to be conducted in the area.

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