**Title:** The Effect of Exclusive Breast Feeding Education on Breastfeeding Self-efficacy and Maternal Stress Referred to the Selected Hospitals Related To Medical Sciences Universities in Tehran, 2011-2012

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**Abstract:**

Background: Breastfeeding saves the lives of more than half a million infants in a year and strengthens the emotional relationship of mother and child and has a significant role in development of psychosocial personality. The objective of this study is to determine the effect of exclusive breastfeeding education on breastfeeding self-efficacy and maternal stress.

Methods: In this experimental study, clinical trial, researcher has randomly selected three hospitals from selected hospitals affiliated to medical universities in Tehran, which has intensive care unit for premature infants and attended in the research environments during three months and proceeded to sample and collected the data from eligible mothers by completed questionnaires. 100 primiparous mothers were studied and were randomly enrolled in two case (50 peoples) and control (50 peoples) groups and intervention group after delivery were under the researcher's education intervention in the form of face to face training during a training session for 45 minutes, in addition to conventional teaching in hospital and finally, an educational booklet was given to them and no training program was placed by the researcher for control group. And again a month later, questionnaires were completed by the samples in both groups. Questionnaire included three parts. Data analysis was done by descriptive and inferential statistical software and T-test, paired-t and chi-squared test.

Results: The T-test showed that there was a significant difference between mothers' breastfeeding self-efficacy in groups before and after training, and training has created a significant effect on rate of breastfeeding self-efficacy in mothers in case group after the training ($t = 10.7$ and $p < 0.01$). Also, T-test showed a significant difference between maternal stresses in case group before and after the training and training created a significant effect on rate of perceived stress in mothers in case group after the training ($t = 2.20$ and $p < 0.05$).

Conclusion: Exclusive breastfeeding education, especially premature infants has caused the breastfeeding self-efficacy to increase and the stress in mothers to reduce, and it can be concluded that mothers with premature infants require breastfeeding special training.

Keywords: education, breastfeeding self-efficacy, maternal stress

**Presentation:** Poster