



Tehran University of Medical Science
International Campus
Nursing and Midwifery School

TITLE:

**Comparing the frequency and self-efficacy of breastfeeding
between Afghan women born in Iran and Afghanistan**

**“A thesis submitted as partial fulfillment of the requirement for Master of Science
(MSc) Degree”**

In

Midwifery (Maternal and Child Health)

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Abstract

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Background: Numerous factors such as immigration affect breastfeeding self-efficacy. The aim of this study was comparing the frequency and self-efficacy of breastfeeding between Afghan immigrant women born in Iran with women born in Afghanistan.

Method: This study was a descriptive-analytical, cross-sectional study. The research setting was health centers of Tehran University of Medical Sciences and the research samples were Afghan women that selected in convenience and non-random way. Sampling was done from June to October, 2023. Inclusion criteria included “Afghan nationality”, “having a child between 6-12 month”, “born in Iran and living in Iran from childhood” or “living in Iran for a maximum of three years and birthing the last child in Iran”. The data collection tool was researcher-made checklist and breastfeeding self-efficacy short form questionnaire (BSES-SF). Data analysis was done with SPSS version 28 software and descriptive and analytical test.

Results: Based on the result, in the group born in Iran, 66.2% and in the group born in Afghanistan, 83.2% had exclusive breastfeeding for 6 months. The mean self-efficacy in mothers born in Iran was 55.91 ± 3.88 and in mothers born in Afghanistan was 56.55 ± 3.9 . However, these differences based on logistic regression was not significant. In both groups, there was a significant relationship between breastfeeding self-efficacy and ethnicity, religion, financial and economic status, husbands' ethnicity, number of childbirth, type of delivery, current child feeding method, time of the first breastfeeding, exclusive breastfeeding, reason for not exclusive breastfeeding under 6 months and receive breastfeeding training ($P < 0.05$).

Conclusions and recommendations: Although the rate of exclusive breastfeeding and breastfeeding self-efficacy in Afghan immigrant women is higher than that of Afghan-Iranian women, this relationship was not significant after controlling confounding variables. Therefore, it is recommended to conduct similar studies in other cities of Iran and compare the variables related to breastfeeding until the end of the breastfeeding period.

Key Words: Exclusive breastfeeding; Breastfeeding self-efficacy; Immigrant; Afghan women.