



Factors influencing breastfeeding intention in primiparous women: a Tunisian cross-sectional study

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OBJECTIVE

To determine the factors associated with the intention to breastfeed among primiparous women in order to develop strategies for ensuring full adherence to breastfeeding practices.

METHOD

Data collection was conducted through a self-administered questionnaire. Descriptive and inferential statistics were performed using SPSS (IBM, v26).

DESIGN

- A descriptive and evaluative cross-sectional multicenter study involving Tunisian primiparous women.
- Data collection was carried out using a questionnaire. Inclusion criteria were all primiparous women, regardless of age, who agreed to participate in the study.
- Oral informed consent was obtained.

RESULTS

- The majority of primiparous women were between 25 and 35 years old, married (90%), educated (63% with a university degree), employed (31%), and from a middle socio-economic background (67%).*
- The breastfeeding intention was statistically significantly higher in primiparous women who were married (p = 0.001), had a middle to high socio-economic status (p = 0.002), had well-monitored pregnancies (no statistically significant difference between different professional categories or types of prenatal care providers) (p = 0.046), had a desired pregnancy (p = 0.001) and had received information about breastfeeding (p = 0.001).*
- Moreover, the intention to breastfeed was statistically significantly higher among primiparous women who were encouraged by their partner to breastfeed (p = 0.002), and those who expected to receive their partner’s support once they decided to breastfeed (p = 0.018).*
- Concerns related to breastfeeding did not significantly impact the intention to breastfeed, nor did the type of breastfeeding support.*

CONCLUSIONS

To promote breastfeeding among primiparous women, a holistic approach is needed, encompassing education, family support, engagement of healthcare professionals, and public policies that favor breastfeeding. By strengthening these aspects, we can expect to improve breastfeeding rates and, consequently, the health and well-being of mothers and children.