

MEASURING THE MILK OF CONFIDENCE: A REVIEW OF TWO BREASTFEEDING SELF-EFFICACY SCALES

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Healthy People 2020

	Initiation	Breastfed 6 Months	Breastfed 1 Year	Exclusive 3 Months	Exclusive 6 Months
HP Goal	82%	61%	34%	46%	26%
Current U.S.	75%	44%	24%	35%	15%

Self-Efficacy

- Definition
The belief that one has the ability to carry out a specific behavior that will produce a particular outcome

Breastfeeding Self-Efficacy

➔

Modifiable Factor

Sources of Self-Efficacy Expectations

- Performance Accomplishments
 - Previous nursing experience
 - Success / frustration of breastfeeding tasks

Effortlessly latches baby on

versus

Experiences difficulty

Sources of Self-Efficacy Expectations

- Performance Accomplishments

Friends

Family

Seeing other women

Peer Counselors

Sources of Self-Efficacy Expectations

- Verbal Persuasion

Healthcare Professionals

Family Members

Friends

- Source should be deemed credible by the individual.

Sources of Self-Efficacy Expectations

- Physiological & Emotional States

Fatigue, pain, anxiety, or stress

⇒

Reduce breastfeeding self-efficacy

⇒

Inhibit oxytocin

⇒

Interfere with let-down reflex

Methods

- Literature search
 - Web of Science & PubMed
 - "Breastfeeding Self-Efficacy"
 - "BSES"
 - "BSES-SF"
 - Breastfeeding self-efficacy outcomes

Development of the Breastfeeding Self-Efficacy Scale

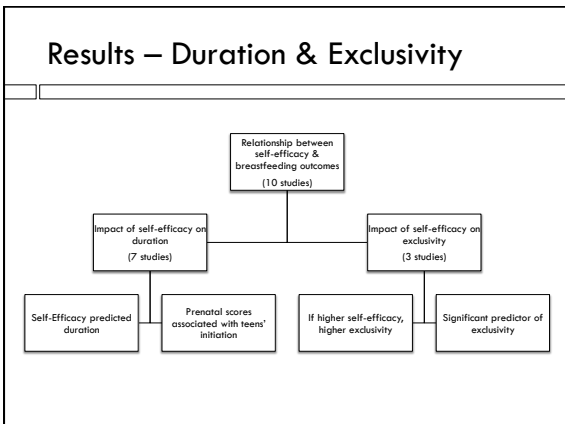
- Began with extensive literature review
 - Determined scale factors
 - Technique
 - Intrapersonal thoughts
- Two factors yielded 46% of variance
 - Maternal skill & understanding of tasks necessary to successful breastfeeding
 - Maternal beliefs & attitudes about breastfeeding

Scale Development (cont'd.)

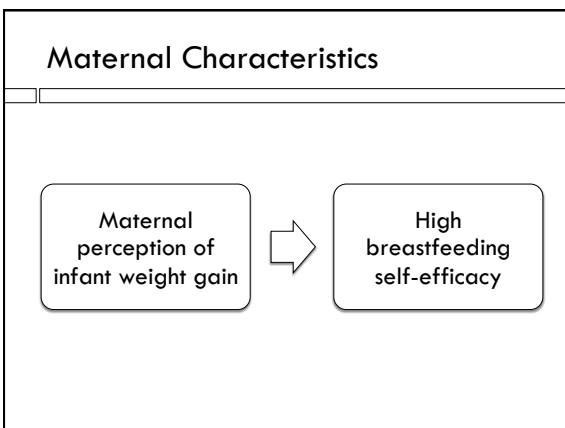
- Validity & Reliability
 - Content Validity
 - Expert Panel
 - Experienced breastfeeding mothers
 - Pilot Test
 - Cronbach's alpha coefficient .96
 - High internal consistency
 - Wording changes
 - Based on mothers' suggestions
 - Altered for brevity and clarity

Scale Development (cont'd.)

- Final instruments
 - BSES
 - 43 items
 - 5-point response system
 - Possible range 43-215
 - Higher scores = more confidence
 - BSES-Short Form
 - 14 items
 - Cronbach's alpha score .94
 - Valid & reliable



- ### Results - Interventions
- Not Effective
 - ▣ Journal
 - ▣ Workbook
 - Effective
 - ▣ Prenatal breastfeeding workshop
 - Higher exclusivity
 - Higher self-efficacy
 - Lower rates of weaning at 8 weeks
 - ▣ BSES-SF as intervention
 - Tailored intervention based on results
 - Higher exclusivity & duration
 - Not statistically significant



- ### Other Uses of BSES
- The development of new tools
 - ▣ Beginning Breastfeeding Survey
 - Assess maternal perceptions of breastfeeding effectiveness during hospital stay
 - As a control measure
 - ▣ Impact of Baby-Friendly practices on breastfeeding rates
 - Measuring training effectiveness
 - ▣ Changes in BSES scores after Baby-Friendly training on health care staff


Discussion - When to Use

Within this review	A best reflection	For predicting duration
<ul style="list-style-type: none"> • In-hospital • 1, 4, 6, & 8 weeks postpartum 	<ul style="list-style-type: none"> • 1-2 weeks postpartum • Gives experience of actually breastfeeding 	<ul style="list-style-type: none"> • 1 -2 weeks postpartum • More accurate than prenatally or immediate postpartum

- ### Discussion (cont'd.)
- What is “exclusive breastfeeding”?
 - ▣ Must define consistently
 - ▣ Otherwise, comparing findings is challenging.
 - Long Form vs. Short Form?
 - ▣ Short Form is valid & reliable.
 - ▣ Must use Long Form in languages in which Short Form is unavailable

Practical Implications

- Breastfeeding self-efficacy can independently predict breastfeeding patterns.



Conclusion

Valid & Reliable Measurements	Assess Maternal Confidence
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> BSES BSES - SF </div>	
Predictors of Breastfeeding Success	Techniques to increase self-efficacy

Recommendations

Recommendations

Alter social norms to improve maternal confidence



Recommendations for Future Research

- Relationship between perceived insufficient milk and breastfeeding self-efficacy
- Impact of hospital supplementation on breastfeeding self-efficacy
- Developing & assessing interventions aimed at increasing breastfeeding self-efficacy
- Effects of breastfeeding self-efficacy on outcomes >6 months
- Using larger sample sizes & incorporating minority communities

Presenter Disclosures

Emilie Cunningham

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No relationships to disclose

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