

EVALUATION OF THE PREVALENCE AND DURATION OF BREASTFEEDING IN WOMEN AT RISK OF PERINATAL DEPRESSION IN ORDER TO OPTIMIZE THE HEALTH OUTCOMES FOR MOTHER AND CHILD

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#1 BACKGROUNDS

It is known from the literature that breastfeeding correlates with well-being women and decreases the risk of dpp. Rather, psychological distress and perinatal depression are significant risk factors for early breastfeeding cessation. Furthermore, pregnant women who are willing to breastfeed are more at risk of depression if this expectation fails. The family counseling within the framework of the Birth Way offers support to women and parents to strengthen the bond and the early relationship and offers support to breastfeeding by implement-ing the prevalence and duration

#3 RESULTS

EPDS TEST SOCIAL AND HEALTH RISK HISTORY SHEET
100 x ♀ → 13 x ♀

BREASTFEEDING EXPERIENCE TOTAL GROUP (344 WOMEN)	
excl. breastfeeding 6 months	62,20%
compl. feeding (formula introduction in first 3 months)	17,44%
compl. feeding (formula introduction in from the 4th and 5th month)	8,7%
formula feeding	11,33%
BREASTFEEDING EXPERIENCE IN WOMEN TREATED FOR THE RISK OF DEPRESSION (57 WOMEN)	
excl. breastfeeding 6 months	63,15%
compl. feeding (formula introduction in first 3 months)	10,52%
compl. feeding (formula introduction in from the 4th and 5th month)	15,78%
formula feeding	10,52%

#5 STRONG POINTS

- Early detection of psychosocial distress in pregnancy and in puerperium
- Practical help and non-specific support in the Birth Path
- Psychological support: brief intervention
- Breastfeeding support

#2 METHODS

500 pregnant and puerperium women have been screened. 65 positive women were identified. who were offered individual interviews, practical help, group meetings and psychological interviews. Prevalence of breastfeeding was evaluated in this group and in the total group.



#4 CONCLUSION

No statistically significant difference in the prevalence of breastfeeding in the two groups. Breastfeeding outcomes with the de-crease in the EPDS score can be considered indicators of women's well-being. The support of breastfeeding must also be guaranteed in this target of women.

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