



ABSTRACT

Title of Abstract : Maternal Mental Well-Being and Infant Feeding Outcomes: A Systematic Review and Meta-analysis
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Background : Maternal mental well-being is a crucial determinant of infant feeding outcomes. Psychological conditions such as postpartum depression, anxiety, and stress may influence a mother's ability and motivation to initiate or sustain breastfeeding. However, the direction and magnitude of this association remain unclear.

Objective : This systematic review and meta-analysis aimed to assess the association between maternal mental well-being and infant feeding outcomes, including exclusive breastfeeding practices.

Research Methods/ Implementation Methods : A comprehensive literature search was conducted in Scopus, ScienceDirect, and PubMed databases for studies published between 2015-2025. Both observational and interventional studies examining maternal mental health and infant feeding outcomes were included. Data were synthesized using a random-effects model following PRISMA guidelines.

Results : Three studies met the inclusion criteria and were included in the meta-analysis. The pooled odds ratio indicated no statistically significant association between maternal mental well-being and infant feeding outcomes (OR = 0.61; 95% CI = 0.18–2.00; $p = 0.41$). Considerable heterogeneity was observed among studies ($I^2 = 87\%$), which may be attributed to variations in study design, population characteristics, and measurement instruments

Conclusion/Lesson Learned : Although several individual studies suggest that poor maternal mental health may adversely affect breastfeeding and other infant feeding practices, the pooled results did not reveal a significant association. The high heterogeneity highlights the need for future longitudinal studies with standardized assessments of maternal mental well-being and infant feeding behaviors.

Keyword : Maternal mental health; Infant feeding; Exclusive breastfeeding; Postpartum depression; Meta-analysis