

The effect of training on the duration of infant crying and the level of mother's attachment and depression

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Abstract

Background and Aim: Infants are the most sensitive and vulnerable group in society and long crying is one of the most common problems of this period that can affect the mood of the mother and the infant. This study was conducted to investigate the effect of infant cry-language training on the duration of infant crying, attachment, and depression in primiparous women.

Methods: This clinical trial was conducted on 60 primiparous mothers who were referred to three selected health centers in Semnan City in 2017 for postpartum care. Mothers were divided into two groups of 30 people, control and test. The intervention was carried out during 3 weeks and the test group received the educational program of infant crying language in a 60-minute session. And the control group received regular training. The research tools were the depression, anxiety, and stress scale (DASS-21), mother-infant attachment questionnaire (Avant), and infant crying duration registration form, which was implemented in two groups, in two stages, pre-test, and post-test. From descriptive and inferential statistical tests, independent and paired t-tests were analyzed at a significance level of $P < 0.05$.

Results: The study results revealed the mean duration of infant crying in the experimental group after the intervention was $(81/1 \pm 75/9)$ compared with the control group $(158/8 \pm 101/1)$ was significantly reduced. ($P < 0.001$) as well as the mean scores of maternal attachment behaviors and Level in the experimental group after the intervention was $(9 \pm 3/3)$ compared with the control group $(8/6 \pm 3/8)$ and the mean scores of depression Level in the experimental group after the intervention was $(2/9 \pm 4)$ compared with the control group $(1/5 \pm 3/2)$, the difference between the groups was not statistically significant.

Conclusion: The results showed that the teaching of infant cry language reduced the duration of infant crying, whereas it did not alter maternal attachment and depression.

Keywords: Infant; Crying; Mothers; Depression; Attachment