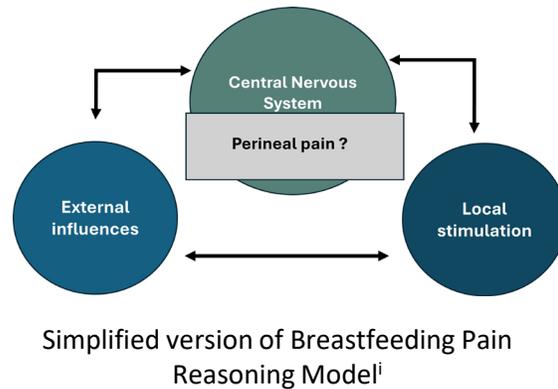


## CONTEXT & OBJECTIVE



To investigate the association between breastfeeding duration and the intensity of persistent perineal pain among postpartum women following vaginal delivery.

## METHODS

### CROSS-SECTIONAL CORRELATIONAL STUDY

Nested within a larger multicenter trial in postpartum women who had at least one vaginal delivery (n=237 participants).

#### DEPENDENT VARIABLES

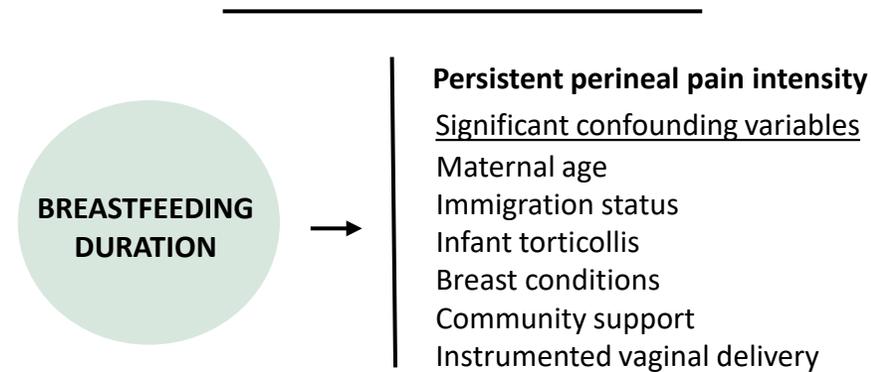
- Duration of mixed breastfeeding (Brief Breastfeeding and Milk Expression Recall Survey)
- 18 confounding variables (identified using the conceptual model above and relevant literature)

#### INDEPENDENT VARIABLE

- Intensity of perineal pain (Numerical rating scale 1-10)

## RESULTS

A total of 36.3% reported persistent perineal pain. Mean intensity of 5.8 ( $\pm 1.9$ ).



### MULTIVARIATE REGRESSION

#### PERINEAL PAIN INTENSITY WAS SIGNIFICANTLY ASSOCIATED WITH BREASTFEEDING DURATION

Standardized  $\beta = -157.2$ ; 95% CI [-251.4, -62.9];  $p=0.001$

The statistical model explained 31.7% of the variance in breastfeeding duration.

## KEY FINDINGS



**A HIGHER INTENSITY OF PERSISTENT PERINEAL PAIN WAS ASSOCIATED WITH A SHORTER DURATION OF BREASTFEEDING.**