

Development and Psychometric Testing of the Prenatal Breast-feeding Self-efficacy Scale

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Objective: To develop and evaluate the psychometric properties of a scale measuring prenatal breast-feeding self-efficacy. **Methods:** A 20-item scale was administered to a sample of 279 low-income pregnant women. **Results:** Results from this study provide evidence for internal consistency (Cronbach's alpha = .89) and validity of this measure of prenatal breast-feeding self-efficacy in this population. A factor analysis of

the scale indicated 4 themes. The instrument distinguished between women who intended to breast-feed and those who intended to formula feed. **Conclusion:** A valid and reliable scale measuring self-efficacy for breast-feeding during pregnancy may help health care providers design interventions to increase breast-feeding rates.

Key words: breast-feeding, self-efficacy, intention, scale, prenatal
Am J Health Behav. 2006;30(2):177-187
