A Systematic Review Of Social Media Use And Social Support Among New Mothers

Peng Wang[1,2]*，Sharifah Sofiah Syed Zainudin[1], Nurul Ain Mohd Hasan[1], Xiaoyan Wang[1]

Abstract

The systematic search was conducted in June 2023, spanning Web of Science, Scopus, Psychological Abstracts, and PubMed databases. We included studies written in English and published in journals between 2004 and 2023. A total of 31 articles met the inclusion criteria for the systematic review. The influencing factors identified were categorized into six main categories and 18 subcategories. 'Seeking information' and 'connecting with others' were the most frequently mentioned factors. Analysis of the frequency of publication by type of social media revealed that the 'Combination' category ranked highest. Through these previous studies, we identified two types of breastfeeding support, categorizing them as five main types of positive and four types of negative support. Informational support was highly valued, including appraisal, expertise, and normalization. The results suggest that new mothers may encounter both positive and negative support. This review highlights the understudied nature of the topic concerning the use of social media and the social support received by new mothers in a digital context. Nevertheless, further research is required to comprehend the diverse online support mothers receive via various media, prompting a more profound reflection on the interaction and integration of support from partners and significant others.

Keywords: *Social Media, Social Media Use, Social Support, New Mother*

1. Introduction

The digital age has profoundly transformed how individuals seek and receive social support. Social media platforms, in particular, have become instrumental avenues for fostering connections, sharing experiences, and accessing information (Smith & Anderson, 2018). The rapid rise of platforms like Facebook and other social networking sites emphasizes the need for studies on parents' experien[1]ces on these platforms. New parents often report

[1.]Department of Communication, Faculty of Modern Languages and Communication, Universiti Putra Malaysia, Malaysia

[2.]Zhejiang Yuexiu University

Corresponding author*

varying degrees of exhaustion, depression, anxiety, marital conflict, emotional lability, social isolation and feelings of guilt (Vismara et al., 2016). However, mothers were usually the only ones to feed the infant (Emmott et al., 2020), spending more time with their children and are more likely to have childcare troubles (Mulsow et al., 2002). Mothers were also more likely than fathers to report feeling judged by people other than their spouses or partners for how they parent their children — including relatives, friends and other parents in their communities (Nadeem, 2023).

Social media spotlights a potentially pivotal resource for new mothers with younger children, a demographic uniquely poised at the intersection of significant life changes and potential feelings of isolation (Duggan et al., 2015). New mothers use social media to meet diversion, cognitive, affective, personal integrative, and social integrative needs and use maternal mental well-being as a possible explanatory factor to assess how well-being influences parental stress and social media use (Henton & Swanson, 2023). Social media is a potentially new medium through which new mothers might obtain social support. There is a lot of literature exploring the variety of online support, such as emotional support, information support, companionship support, instrumental support, esteem support and other support generated by the use of Facebook, Twitter, online forums, etc (Lupton & Pedersen, 2016; Clapton-Caputo et al., 2021; Gray, 2013; Lupton, 2016; Baker & Yang, 2018). These supports could ease the stresses of motherhood and increase its effectiveness (Clapton-Caputo et al., 2021).

With the technology boom and the increasing desire for instant information and access, the literature and knowledge on the overlap of technology and motherhood transition will become increasingly important (Tomfohrde & Reinke, 2016). How new mothers use social media and what social support can be perceived by parents through social media use is a promising new area of study. However, no evidence of new mothers' social media support was found in systematic reviews on the impact and significance of internet-based support for parents (Niela-Vilén et al., 2014; Doty & Dworkin, 2014). Given the importance of social media for first-time mothers, a need exists to understand better the social support received through social media usage. We addressed this gap in the literature by conducting a critical and rigorous examination of existing studies to elucidate the relationship between social media use and perceived social support among new mothers. The research questions were as follows:

RQ1: Which factors influence new mothers to use social media, and what social media do they use to receive social support?

RQ2: What kinds of social support are provided for breastfeeding and the transition to motherhood among new mothers through social media?

2. Methods

2.1 Search Strategy

The research was conducted on June 8th, 2023, utilizing databases such as Web of Science, Scopus, Psychological Abstracts, and PubMed. These databases were selected due to their coverage of academic disciplines—e.g., communication, psychology, medicine—that are most likely to study new mothers' social media use for social support. Key terms were combined using the Boolean operators 'AND' and 'OR.' The search terms included the following categories and keywords: people (mother, new mother, first-time mother, mum, motherhood, maternal, postpartum, primiparous, parent), places (virtual communities, social networks, social networking services, online social network, social network sites, social media), behaviors (use, usage, using), and objects (social support, support, emotional, appraisal, tangible, instrumental, informational support). Depending on the database, specific queries were conducted focusing on the title, abstract, and keywords

2.2 Inclusion and Exclusion Criteria

This integrative review was conducted based on the framework of Whittemore and Knafl (2005). We searched for papers employing diverse methodologies that explore the relationship between social media use and social support among new mothers. We included studies written in English and published in journals between 2004 and 2023, as websites offering social media services began to proliferate with the advent of the Web 2.0 movement post-2004 (Safko & Brake, 2009). The inclusion criteria were as follows: (1) The participants in the research had to be mothers with infants and toddlers for whom this is their first child (Black et al., 2013; Criss et al., 2015; Henton & Swanson, 2023). This criterion is included because infants and toddlers exhibit greater dependency and vulnerability, and families can experience heightened stress in childcare during early motherhood (Zahavi-Lupo et al., 2022). (2) Social media had to be a component of online support. (3) The new mothers must use social media for social support. Meanwhile, we excluded studies on mothers with seriously ill children (e.g., cancer, diabetes, preterm births) and mothers who were seriously ill themselves (e.g., cancer, HIV). We also excluded studies involving mothers younger than 18 and mothers with children older than four years. Serious illness is "a health condition that carries a high risk of mortality and either negatively impacts a person's daily function or quality of life or excessively strains the caregiver" (KelleyAmy & Bollens-LundEvan, 2018). Mothers with seriously ill children often have limited opportunities to socialize or participate in regular activities. Additionally, we excluded studies focusing on the use of social media for 'therapy,' 'treatment,' or 'intervention' because the main focus of this study needed to be on support occurring spontaneously online.

2.3 Screening Procedure

The procedure for screening articles adheres to the PRISMA guidelines and is illustrated in Figure 1. The initial search, utilizing database search strategies, identified 3185 publications. The screening occurred in three stages. First, records were screened to determine which articles should be obtained. Second, the reviewer applied the same criteria to screen for time (2004 to 2023), language (English), titles, and abstracts (n = 2977) to decide whether to obtain the full text of the articles. After removing duplicates and articles

not meeting the inclusion criteria, 119 full-text articles were assessed for eligibility. In the third stage, 31 articles—26 from the remaining pool and five identified through citation tracking—were selected for the systematic review, adhering to the same inclusion and exclusion criteria.

Figure 1. Screening procedure.
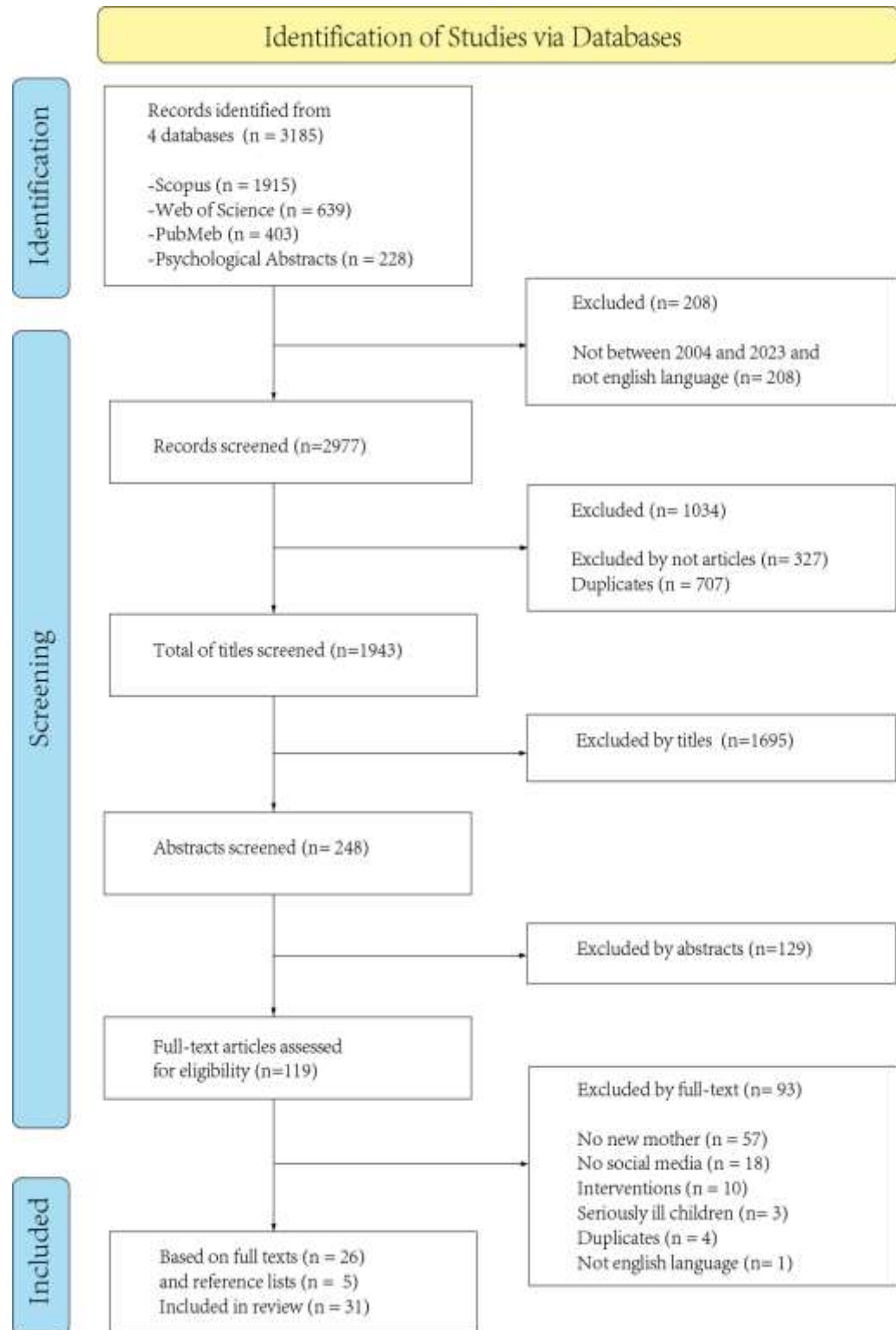
2.4 Data Coding and Analysis

All 31 articles were saved in Mendeley to identify the author's basic information, title, publication year, journal name, publication type (e.g., journal vs. conference), keywords and abstract. The data was coded according to the research questions using thematic content analysis and summarized in Microsoft Excel. The codes were sorted by searching for similarities and differences and then abstracted into categories. When analysing social media usage (research question 1), factors influencing new mothers to use social media and types of social media for them to receive social support were included. When reviewing support types of social media (research question 2), the studies focused on support types for breastfeeding and transition to motherhood among new mothers. Finally, a second reviewer assessed the synthesis's robustness (Rodgers et al., 2009). A consensus was established once both reviewers had looked over the themes.

2.5 The Quality of The Studies

All 31 studies included were evaluated by the Web of Science index, times cited, and impact factor (Table 1). Twenty-three were indexed Social Science Citation Index (SSCI), with 15 articles on both SSCI and Science Citation Index Expanded (SCI-EXPANDED). Furthermore, four were indexed in the Emerging Sources Citation Index (ESCI), and one was in the Science Citation Index Expanded (SCI-EXPANDED). Even though two of the publications were published in journals with no impact factor, all 31 studies were included in the analysis to provide a comprehensive picture of the field's state and avoid bias.

Table 1. Web of Science index, times cited and impact factor of the studies

	Web of Science Index	Times Cited (All Databases)	Impact Factor (2022)
(Tomfohrde & Reinke, 2016)	SSCI	27	9.9
(Tomfohrde & Reinke, 2016)	SSCI	13	7.9
(Aston et al., 2018)	SCI-EXPANDED;SSCI	31	4.2
(Henton & Swanson, 2023)	SCI-EXPANDED;SSCI	0	3.9
(Robinson, Lauckner, et al., 2019)	SCI-EXPANDED;SSCI	25	3.9
(Alianmoghaddam et al., 2019)	SCI-EXPANDED;SSCI	44	3.8
(Clapton-Caputo et al., 2021)	SCI-EXPANDED;SSCI	7	3.8

(Lupton & Pedersen, 2016)	SCI-EXPANDED;SSCI	128	3.8
(Schoppe-Sullivan et al., 2016)	SSCI	23	3.8
(Skelton et al., 2018)	ESCI	19	3.7
(Lowe et al., 2012)	SCI-EXPANDED;SSCI	17	3.5
(Morse & Brown, 2021)	SCI-EXPANDED;SSCI	8	3.4
(Regan & Brown, 2019)	SCI-EXPANDED;SSCI	34	3.4
(Price et al., 2017)	SSCI	40	3.2
(Daehn et al., 2023)	SCI-EXPANDED	0	3.1
(Lupton, 2016)	SCI-EXPANDED;SSCI	159	3.1
(Slomian et al., 2017)	SCI-EXPANDED;SSCI	54	2.7
(Robinson, Davis, et al., 2019)	SCI-EXPANDED;SSCI	27	2.6
(Elliott et al., 2022)	SCI-EXPANDED;SSCI	0	2.4
(Archer & Kao, 2018)	SSCI; CPCI-SSH	45	2.4
(Bartholomew et al., 2012)	SSCI	146	2.2
(Lupton, 2017)	ESCI	34	2.1
(Aston et al., 2020)	ESCI	10	2.1
(Cowie et al., 2011)	SSCI	24	1.9
(Asiodu et al., 2015)	SCI-EXPANDED;SSCI	92	1.8
(Baker & Yang, 2018)	SSCI	82	1.8
(Uzunçakmak et al., 2021)	SCI-EXPANDED;SSCI	4	1.7
(Gray, 2013)	ESCI	36	1.3

(Wilson, 2020)	Others	0	0.94
(Gibson & Hanson, 2013)	Others	0	0
(Saha & Das, 2017)	CPCI-S	0	0

3 Results

3.1 Included Studies

3.1.1 Keywords Analysis

Figure 2. Frequency of keywords used by previous authors
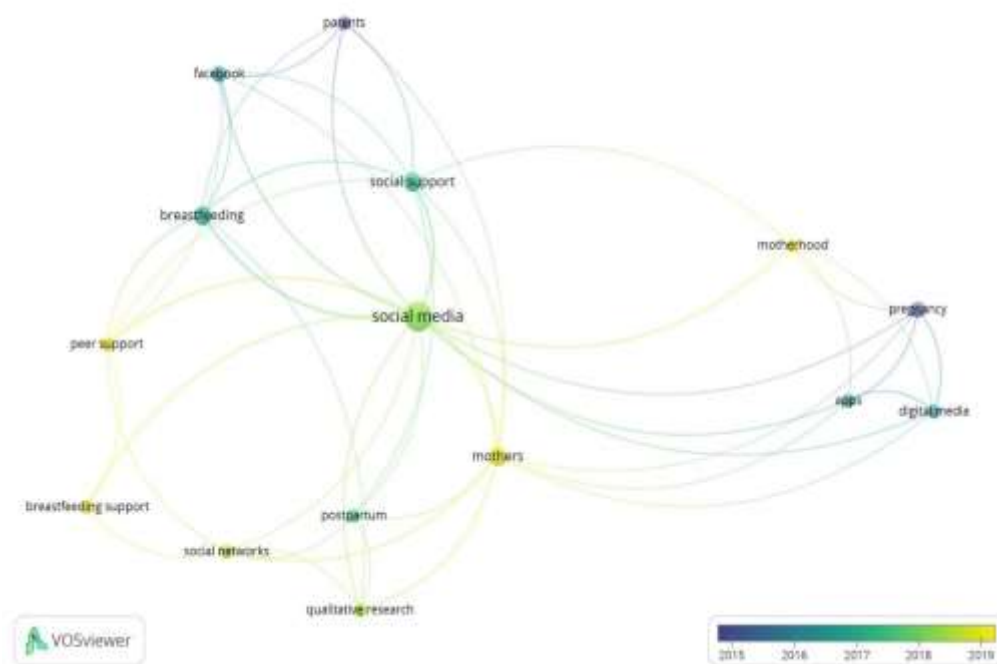
Note(s): Units of analysis = author keywords, Counting method: Full counting, Minimum number of occurrences of keywords =3

We created a conceptual map using the bibliometric analysis showing the relationships between the keywords used in the database search. Figure 2 displays the overlay representation of the terms categorized by color matching. The correlations, determined as the frequency index of word recurrence across time, were shown as three clusters of 15 items each. It is noteworthy that the terms 'breastfeeding support,' 'mothers,' 'postpartum,' 'qualitative research,' 'social networks,' 'apps,' 'digital media,' 'motherhood,' and 'pregnancy' are correlated, as evidenced by their color correspondence. Similar linkages among 'breastfeeding,' 'Facebook,' 'parents,' 'peer support,' 'social media,' and 'social support,' with 'peer support' emerging as a commonly used keyword in recent literature. The most popular keywords used by previous authors indicate that 'Social media' (n=14,

20.9%), 'Social support' (n=6, 8.96%), 'Breastfeeding' (n=6, 8.96%), 'Mothers' (n=6, 8.96%), 'Facebook' (n=4, 5.97%), and 'Pregnancy' (n=4, 5.97%) are the top six terms.

3.1.2 Publication Years

The publishing history of the articles on the chosen topics from August 2011 to June 2023 is depicted in Figure 3. Although the publication year of the included studies began in 2011, almost all of the papers were published after 2016. Most of the studies originated from the USA (n=10), the UK (n=6), and Australia (n=7), with five studies from Canada and one each from Bangladesh, Belgium, Germany, New Zealand, and Turkey.

Figure 3. Distribution of publication years
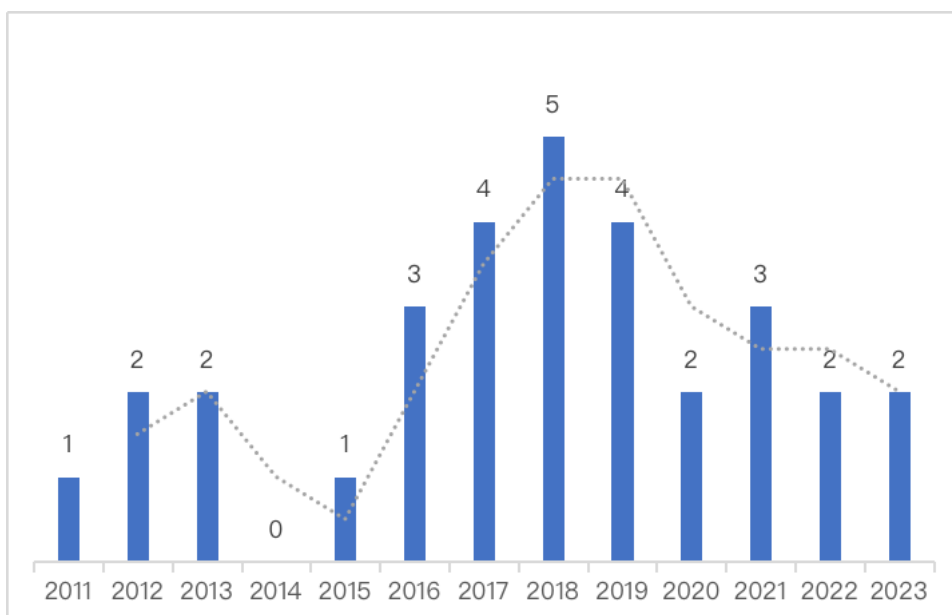
3.1.3 Theories and Models

Fifteen theories and models are used in thirteen studies on social media use and social support among new mothers (Table 2), with three studies using two theories each and no clear indication of the theory used in the other eighteen studies. Most of these theories and models are derived from psychological and sociological theories. For communication theory, the uses and gratifications theory (U&G) is used to measure the scale of new mothers' online social support (Henton & Swanson, 2023).

Table 2. Summary of theories and models employed in articles

Theory/Models	References	No. of Articles
Psychological theories		
Identity theory	Stryker and Burke (2000)	2
Attachment theory	Ainsworth and Bell (1970)	1

Big Five personality dimensions	Costa and McCrae (1992)	1
Family life course development theory	Bengtson and Allen (2008)	1
Social cognitive theory (SCT)	Bandura (1997)	1
The integrated model of behavior prediction (IMBP)	Montano & Kasprzyk (2008)	1
Theory of planned behavior	Ajzen (1991)	1
Transitions theory	Meleis et al. (2000)	1
Sociological theories		
Feminist poststructuralism (FPS)	Butler(2005), Cheek(1999)	2
Black feminist theory	Collins (2008)	1
Feminist theory	Collins (2000)	1
Weak ties	Granovetter (1973)	1
Landscapes of care	Milligan and Wiles (2010)	1
Social support theory	Trickey (2018)	1
Communication theories		
Uses and gratifications theory (U&G)	Henton and Swanson (2023)	1

3.1.4 Research Design

In total, 17 articles predominantly employed qualitative methods, nine were quantitative, and five utilized a mixed-methods approach (Table 3).

Qualitative design. A variety of qualitative research methodologies were employed in the studies. The interview method encompassed in-depth interviews (Alianmoghaddam et al., 2019; Clapton-Caputo et al., 2021), semi-structured interviews (Asiodu et al., 2015; R. Black et al., 2020; Regan & Brown, 2019), and other unspecified interview formats (Elliott et al., 2022; Lowe et al., 2012). Additionally, focus groups were extensively utilized as a primary data collection method in several studies (Gibson & Hanson, 2013; Skelton et al., 2018; Lupton, 2017; Robinson et al., 2019; Price et al., 2017; Archer & Kao, 2018; Aston et al., 2018; Lupton, 2016). Moreover, content analysis was adopted to discern patterns and themes within new mothers' online posts (Aston et al., 2020; Cowie et al., 2011).

Quantitative design. Seven of these studies utilized self-report surveys (Lupton, 2016; Tomfohrde & Reinke, 2016; Robinson, Lauckner, et al., 2019; Saha & Das, 2017; Bartholomew et al., 2012; Baker & Yang, 2018; Slomian et al., 2017), one was a

randomized controlled trial (Uzunçakmak et al., 2021), and one was a longitudinal self-report study (Schoppe-Sullivan et al., 2016). Robinson, Lauckner, et al. (2019) operationalized different aspects of breastfeeding support, breastfeeding attitudes, breastfeeding self-efficacy, perceived breastfeeding norms, Facebook indicators, and breastfeeding intentions using an adapted version of the Network Support for Breastfeeding (NSB) instrument (McCarter-Spaulding & Gore, 2012), the IOWA Infant Breastfeeding Scale (De La Mora et al., 1999), and the Breastfeeding Self-Efficacy Short Form (BFSE-SF) scale (Dennis, 2003).

Mixed methods. Various mixed-methods approaches were employed in studies exploring maternal experiences and online interactions. Henton and Swanson (2023) utilized a convergent parallel QUANT-QUAL design, collecting data through a Qualtrics survey from 151 mothers and implementing quantitative regression analysis. This method was complemented by a qualitative reflexive thematic exploration to decipher online support experiences and implications for maternal mental health. Another study employed a mixed-methods approach, deploying an exploratory online survey and undertaking thematic analysis from data collected from 2,028 breastfeeding mothers affiliated with a BSF group (Morse & Brown, 2021). A subsequent study conducted a textual analysis of predominant online forums related to breastfeeding, identified through strategic keyword searches on major search platforms and traffic evaluations on Quantcast.com (Gray, 2013). An additional investigation focused on the distribution and viability of the SmartMoms web application, combining online surveys, behavioral analytics, and interviews to assess user experience and distribution feasibility among postpartum women and healthcare providers (Daehn et al., 2023). Lastly, a longitudinal study, underpinned by a repeated-measures design, explored the nexus between social support, breastfeeding confidence, and related modifiable determinants, assessing their influence as potential predictors of breastfeeding continuity up to 6 months post-childbirth (Wilson, 2020).

Table 3. Summary of methodologies employed in articles

Methodology	References	Frequency
Qualitative	(Alianmoghaddam et al., 2019); (Clapton-Caputo et al., 2021); (Asiodu et al., 2015); (Gibson & Hanson, 2013); (Regan & Brown, 2019); (Skelton et al., 2018); (Elliott et al., 2022); (Lowe et al., 2012); (Lupton, 2017); (Robinson, Davis, et al., 2019); (Price et al., 2017); (Archer & Kao, 2018); (Aston et al., 2018); (Aston et al., 2020); (Lupton, 2016); (Cowie et al., 2011); (R. Black et al., 2020)	17
Quantitative	(Lupton & Pedersen, 2016); (Tomfohrde & Reinke, 2016); (Schoppe-Sullivan et al., 2016); (Robinson, Lauckner, et al., 2019); (Saha & Das, 2017); (Bartholomew et al., 2012); (Baker & Yang, 2018); (Uzunçakmak et al., 2021); (Slomian et al., 2017);	9
Mixed	(Henton & Swanson, 2023); (Morse & Brown, 2021); (Gray, 2013); (Daehn et al., 2023); (Wilson, 2020)	5

3.2 Social Media Use and Social Support for New Mothers

3.2.1 Factors Influencing Social Media Use for Support

Among the 31 articles, factors influencing new mothers' social media use were explored in 15 (48%) studies. We summarize the main influencing factors in these studies (Table 4). The influencing factors fall into six categories: demographic factors, personality factors, barriers or challenges to traditional support, advantages of online support, motivations for using social media and perceived benefits or value of social media. Within the 18 subcategories, seeking information and connecting with others were the two most frequently mentioned factors. Age, the Big Five, Seek information, Seek advice, Connect with others, Communication and Entertainment are six factors assessed by quantitative research.

Table 4. Factors influencing new mothers' social media use

Influencing Factors	Studies
Demographic Factors:	
Age	(Alianmoghaddam et al., 2019)(Qual); (Bartholomew et al., 2012); (Wilson, 2020)
Education	(Alianmoghaddam et al., 2019); (Wilson, 2020)
Personality Factors:	
Big Five	(Schoppe-Sullivan et al., 2016); (Regan & Brown, 2019)
Barriers or Challenges to Traditional Supports:	
Lack of professional support	(Regan & Brown, 2019)
Isolation (as a breastfeeding mother)	(Alianmoghaddam et al., 2019); (Regan & Brown, 2019)
Difficulty accessing face-to-face support	(Regan & Brown, 2019)
Advantages of Online Support:	
Round-the-clock availability	(Regan & Brown, 2019)
A variety of online support is available	(Regan & Brown, 2019)
Motivations for Using Social Media:	
Seek information	(Alianmoghaddam et al., 2019); (Morse & Brown, 2021); (Baker & Yang, 2018); (Archer & Kao, 2018); (Slomian et al., 2017)
Seek advice	(Alianmoghaddam et al., 2019); (Tomfohrde & Reinke, 2016); (Gibson & Hanson, 2013)

Shared experiences	(Alianmoghaddam et al., 2019); (Robinson, Davis, et al., 2019)
Connect with others	(Alianmoghaddam et al., 2019); (Tomfohrde & Reinke, 2016); (Gibson & Hanson, 2013); (Baker & Yang, 2018)
Communication	(Tomfohrde & Reinke, 2016)
Entertainment	(Tomfohrde & Reinke, 2016); (Archer & Kao, 2018); (Lupton, 2016)
Perceived Benefits or Value of Social Media:	
Perceived Usefulness	(Daehn et al., 2023)
Convenience	(Alianmoghaddam et al., 2019); (Morse & Brown, 2021); (Asiodu et al., 2015)
Availability	(Alianmoghaddam et al., 2019); (Asiodu et al., 2015)
Valuable	(Asiodu et al., 2015)

3.2.2 Varied Social Media Engagement for Seeking Support

The overall trends in publication count and the emphasis on types of social media are depicted in Figure 4, covering studies published from 2011 to 2023. The lines labeled 'Combination' represent studies involving more than one type of social media, including Facebook, Twitter, YouTube, or a combination of these platforms. The lines labeled 'Other Social Media' represent studies involving other specified social media platforms such as social media groups, online forums, Apps, and WhatsApp. The 'Facebook (group) lines represent studies focusing solely on this social media platform. The lines labeled 'Unspecified' represent studies that did not specify a platform and emphasized more general social media topics. The frequency of publication by type of social media revealed that the 'Combination' category ranked at the top, as shown in Table 5.

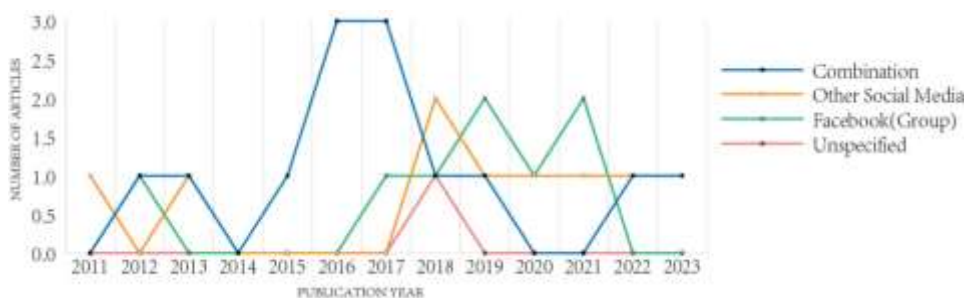Figure 4. Publication trends by year and type of social media

Table 5. Publication frequency by type of social media

Social Media Type	Frequency
Combination	13
Other Social Media	9
Facebook(Group)	8
Unspecified	1

3.3 Types of Social Support Through Social Media Use Among New Mothers

3.3.1 Types of support for breastfeeding

Of the 31 papers included in this study, 13 (42%) were studies where 'breastfeeding' was a background or theme. In 8 (26%) of these studies, researchers developed the use of social media specifically for breastfeeding support (Table 6). In studies focusing on breastfeeding support for mothers, three explored the normalization of breastfeeding (Clapton-Caputo et al., 2021; Skelton et al., 2018; Robinson, Lauckner, et al., 2019), while two investigated empowerment for breastfeeding (Skelton et al., 2018; Robinson, Davis, et al., 2019). Resources for breastfeeding were focused on mothers (Skelton et al., 2018) who also shared their breastfeeding experiences within a single social media group. Moreover, mothers with geographically distant family members could access emotional and practical breastfeeding support (Skelton et al., 2018) through social media's peer support and connections with distant family members (Alianmoghaddam et al., 2019). The use of social media for breastfeeding support was shown to affect mothers' breastfeeding. According to participants, mothers who used social media groups experienced longer durations of breastfeeding (Morse & Brown, 2021; Skelton et al., 2018; Robinson, Lauckner et al., 2019; Robinson, Davis, et al., 2019; R. Black et al., 2020). Moreover, social media support improved women's breastfeeding self-efficacy (Alianmoghaddam et al., 2019; Robinson, Lauckner et al., 2019; Uzunçakmak et al., 2021). Additionally, three types of social support—normalizing breastfeeding, prolonging breastfeeding duration, and improving breastfeeding self-efficacy—were mentioned in quantitative studies.

Table 6. Types of support for breastfeeding in the articles

Types of support for breastfeeding	
Normalizing breastfeeding	(Clapton-Caputo et al., 2021); (Skelton et al., 2018); (Robinson, Lauckner, et al., 2019); (R. Black et al., 2020)
Empowerment for breastfeeding	(Skelton et al., 2018); (Robinson, Davis, et al., 2019)

Resource for breastfeeding	(Skelton et al., 2018)
Shared experiences in breastfeeding	(Skelton et al., 2018)
Peer breastfeeding support	(Alianmoghaddam et al., 2019)
Access emotional breastfeeding support	(Alianmoghaddam et al., 2019)
Access practical breastfeeding support	(Alianmoghaddam et al., 2019)
Connection with distant family members	(Alianmoghaddam et al., 2019)

Breastfeeding outcomes and efficacy

Prolong breastfeeding duration	(Morse & Brown, 2021); (Skelton et al., 2018); (Robinson, Lauckner, et al., 2019); (Robinson, Davis, et al., 2019); (R. Black et al., 2020)
Improve breastfeeding self-efficacy	(Alianmoghaddam et al., 2019); (Robinson, Lauckner, et al., 2019); (Uzunçakmak et al., 2021)

3.3.2 Types of support for transition to motherhood

Apart from breastfeeding support reported in the articles mentioned above, 24 (77%) of the 31 articles explored types of social support for the transition to motherhood among new mothers (Table 7). The results suggest that new mothers may receive both positive and negative support. In prior studies, we identified five main types of positive support: informational, emotional, instrumental, companionship, and esteem support, and four types of negative support: cognitive and perceptual concerns, regulatory and structural concerns, mental health and well-being concerns, and privacy concerns. While informational support—including appraisal, expertise, and normalization—was highly valued, the intimacy provided by emotional support and the companionship support offered by other mothers online were also commonly valued by many women (Lupton, 2016).

Moreover, seven types of support were examined in quantitative research: informational support, emotional support, reassurance, decision-making support, monitoring, building and maintaining social capital, and esteem support. Regarding negative support, only undermining well-being and increasing parenting stress were examined in quantitative studies.

Table 7. Types of support for transition to motherhood discussed in the articles

Positive Support	Studies
Informational Support:	
Information support	(Clapton-Caputo et al., 2021); (Lupton & Pedersen, 2016); (Asiodu et al., 2015); (Gray, 2013); (Elliott et al., 2022); (Archer & Kao, 2018); (Aston et al., 2018); (Aston et al., 2020); (Baker & Yang, 2018); (Slomian et al., 2017); (Lupton, 2016); (Cowie et al., 2011); (Wilson, 2020)
Appraisal	(Wilson, 2020)
Education	(Alianmoghaddam et al., 2019); (Asiodu et al., 2015); (R. Black et al., 2020)
Expertise	(Henton & Swanson, 2023); (Morse & Brown, 2021)
Normalization	(Henton & Swanson, 2023); (Regan & Brown, 2019); (Price et al., 2017)
Emotional Support:	
Emotional support	(Clapton-Caputo et al., 2021); (Morse & Brown, 2021); (Gray, 2013); (Elliott et al., 2022); (Aston et al., 2020); (Baker & Yang, 2018); (Lupton, 2016); (Cowie et al., 2011); (Wilson, 2020)
Reassurance	(Alianmoghaddam et al., 2019); (Lupton & Pedersen, 2016); (Regan & Brown, 2019); (Elliott et al., 2022); (Aston et al., 2020); (Cowie et al., 2011)
Empathy	(Aston et al., 2020)
Maternal empowerment	(Elliott et al., 2022)
Instrumental/Tangible Support:	
Tangible support	(Gray, 2013); (Wilson, 2020)
Decision making	(Asiodu et al., 2015); (Slomian et al., 2017)
Monitor	(Lupton & Pedersen, 2016); (Lupton, 2017)
Affiliation/Companionship Support:	
Peer support	(Asiodu et al., 2015); (Regan & Brown, 2019); (Elliott et al., 2022)
Connection	(Morse & Brown, 2021); (Regan & Brown, 2019); (Gray, 2013); (Elliott et al., 2022); (Saha & Das, 2017); (Lowe et al., 2012); (Lupton, 2017); (Price

	et al., 2017); (Archer & Kao, 2018); (Lupton, 2016)
Community	(Morse & Brown, 2021); (Robinson, Davis, et al., 2019); (Aston et al., 2020); (R. Black et al., 2020)
Build and maintain social capital	(Bartholomew et al., 2012)
Esteem support:	
Esteem support	(Henton & Swanson, 2023); (Gray, 2013); (Baker & Yang, 2018)
Efficacy	(Morse & Brown, 2021); (R. Black et al., 2020)
Increase well-being	(Clapton-Caputo et al., 2021)
Negative Support	**Studies**
Cognitive and Perceptual Concerns:	
Judgement	(Morse & Brown, 2021); (Regan & Brown, 2019)
Polarised debate	(Regan & Brown, 2019)
Superficial	(Archer & Kao, 2018)
Regulatory and Structure Concerns:	
Lack of regulation	(Regan & Brown, 2019)
Mental Health and Well-being Concerns:	
Addictive	(Archer & Kao, 2018)
Depression	(Archer & Kao, 2018)
Undermine well-being	(Schoppe-Sullivan et al., 2016)
Greater parenting stress	(Schoppe-Sullivan et al., 2016)
Privacy and Trust Concerns:	
Privacy concerns	(Archer & Kao, 2018)

4. Discussion

4.1 Platform Varieties, Determining Factors, and Support Types of Social Media Usage

Regarding the factors that influence new mothers' use of social media for social support, the results show that various factors influence new mothers' social media use. These factors include Demographic Factors, Personality Factors, Barriers or Challenges to Traditional Support, Advantages of Online Support, Motivations for Using Social Media and Perceived Benefits or Value of Social Media. Seeking information and connecting with others were the two most frequently mentioned factors among the 18 factors in the studies. Age, the Big

Five, Seek information, Seek advice, Connect with others, Communication and Entertainment are six factors assessed by quantitative research. Among the various types of social media, combination types (which incorporate more than one form of social media), other platforms (such as social media groups, online forums, apps, and WhatsApp), and Facebook were the most popular for new mothers. In the past three years, combination types and other social media platforms have been mentioned more frequently.

As for support types for the transition to motherhood, this review finds that the widespread use of social media during breastfeeding or motherhood transition could provide positive support, including informational, emotional, instrumental, companionship, and esteem support. Meanwhile, negative support of cognitive and perceptual concerns, regulatory and structure concerns, mental health and well-being concerns, and privacy concerns were also mentioned in the studies. Furthermore, informational support, emotional support, reassurance, decision-making, monitoring, building and maintaining social capital, and esteem support were the seven support types measured in quantitative research. Moreover, some studies explored the breastfeeding support types for new mothers, which include Normalizing breastfeeding, Empowerment for breastfeeding, Resources for breastfeeding, Shared experiences in breastfeeding, Peer breastfeeding support, Access to emotional breastfeeding support, Access to practical breastfeeding support, Connection with distant family members, Breastfeeding Outcomes and Efficacy, Prolong breastfeeding duration and Improve breastfeeding self-efficacy. However, only three types (Normalizing breastfeeding, Prolong breastfeeding duration and Improve breastfeeding self-efficacy) were mentioned in quantitative studies.

Another finding is that support types based on social media could integrate with other support types. New mothers could connect with peers through social media, and that connection may provide women with another source of emotional support, information, advice, and affirmation (Baker & Yang, 2018). It is consistent with earlier studies showing that online peer support groups were "a gateway to other parents' lives" (Kouri et al., 2006) and offered encouragement (Morris & Bertram, 2013) as well as emotional and mutual support (Bartholomew et al., 2012) for both parents.

4.2 Positive and Negative Support Within Social Media Platforms

The widespread use of pregnancy and parenting social media platforms underscores a technological shift in how expectant and new mothers source and engage with information (Lupton & Pedersen, 2016; Asiodu et al., 2015; Slomian et al., 2017; Lupton, 2016). These platforms not only provide a rich source of information but also foster a sense of community, acting as a conduit for shared experiences, peer support, and emotional sustenance (Skelton et al., 2018; Robinson, Davis et al., 2019; Aston et al., 2020; R. Black et al., 2020)

However, online engagements' dynamics and subsequent effects on mothers are multifaceted. On the one hand, the virtual world offers various support, especially for those who lack in-person connections (Tomfohrde & Reinke, 2016; Regan & Brown, 2019; Elliott et al., 2022; Lowe et al., 2012; Price et al., 2017; Archer & Kao, 2018). These platforms act as vital lifelines for women seeking validation, especially in a society where

they often grapple with external judgments and expectations about motherhood (Schoppe-Sullivan et al., 2016; Uzunçakmak et al., 2021; Cowie et al., 2011; R. Black et al., 2020). On the other hand, excessive reliance on social media, particularly platforms like Facebook, can contribute to heightened stress and even depressive symptoms (Schoppe-Sullivan et al., 2016; Robinson, Lauckner et al., 2019; Bartholomew et al., 2012). Such findings suggest a paradoxical relationship; while these platforms can empower and provide solace, they can also be sources of tension and emotional upheaval.

Critical to the discourse on online maternal engagement is the quality and authenticity of the information consumed. Despite the ubiquity and convenience of online sources, concerns persist about the validity and reliability of the content (Lupton & Pedersen, 2016; Saha & Das, 2017; Slomian et al., 2017). Women's ability to critically evaluate and navigate through a myriad of information showcases their agency and savviness (Aston et al., 2018; Lupton, 2016). However, professional oversight and regulation are paramount to ensure that mothers have scientifically sound and medically accurate knowledge (Slomian et al., 2017; Lupton, 2016).

The geographical distance bridged by technology also emerges as a salient theme. The ability to connect with individuals globally, sometimes even with 'weak ties' or strangers, can provide new mothers with much-needed empathy, encouragement, and insight (Alianmoghaddam et al., 2019; Aston et al., 2020; R. Black et al., 2020). This ability has particular significance in the current context, where traditional familial support structures may be eroding or evolving, necessitating the creation of new models of social support integrating online networks (R. Black et al., 2020; Cowie et al., 2011).

5. Implications for Future Research

While the current results provide some novel insights regarding social media use and social support for new mothers, these findings must also be considered, examining essential limitations. It is important to acknowledge that various social media platforms are available for new mothers in previous studies. Further research may evaluate potential differences in different social media types for mothers and determine what proportion of mothers use social media to receive social support.

The studies have homogeneous samples—predominantly white, married or partnered women with a high level of education and were fairly homogenous in terms of location; thus, a further study focusing on a more heterogeneous sample is suggested (Cowie et al., 2011; Slomian et al., 2017; Niela-Vilén et al., 2014). While much literature focuses on the transition to parenthood, there is limited understanding of online support mechanisms for parents with older children, such as adolescents. There's a need to understand how these parents connect and support each other online, especially regarding supervision and monitoring. Additionally, to develop a complete picture of new mothers' social media engagement and received social support, more studies will be needed to examine social support for fathers through social media relating to fatherhood (Niela-Vilén et al., 2014). It has been recognised that after the birth of their first child, men undergo significant changes, some of which include depression, and that public health should support fathers in these

situations. It has been acknowledged that fathers, too, experience profound changes following the birth of their first child, including depression for some, and that supporting fathers should be a public health responsibility (Holmes et al., 2020).

As for research methods, most current studies use qualitative methods, including interviews, focus groups and content analysis, but pay little attention to quantitative approaches. Most of the quantitative methods were conducted with surveys, and there is a lack of attention to the related theories and models to support new mothers' media use behaviors. Thus, further quantitative research is required to examine the effects of new mothers' social media use with high-quality research, including longitudinal studies and experimental studies (Robinson, Lauckner et al., 2019; Uzunçakmak et al., 2021). Such research requires a sound theoretical understanding of the phenomenon. In addition, a rich mix of methods is to be further explored for this topic in future as existing mixed methods studies have been conducted mainly based on quantitative questionnaires consisting of open and closed questions (Henton & Swanson, 2023; Morse & Brown, 2021; Wilson, 2020).

6. Limitations

Although this review yields new findings, it also presents several limitations. Firstly, due to the lack of a consensus on the concept of 'new mother', the studies reviewed encompass women from pregnancy to the postnatal period and include mothers with young children ranging in age from birth to 4 years (Archer & Kao, 2018). Some studies also include first-time mothers and mothers with two or more children. This diversity might limit the scope and precision of the literature search. Secondly, another significant limitation of this review is that it was conducted primarily by a single reviewer, with a second reviewer validating the criteria. Finally, concerning the types of literature, this review encompasses quantitative, qualitative, and mixed-methods studies. This diversity in methodologies makes it challenging to generalize the themes using uniform criteria.

7. Conclusion

This study adopted the PRISMA systematic review method to examine 31 articles that address relevant research topics, employed theories and models, factors influencing social media usage, types of social media, and types of support among new mothers. The findings reveal that the social media usage of new mothers is related to demographic factors, personality factors, challenges to traditional supports, advantages of online supports, motivations for using social media, and the perceived benefits or value of such media. Meanwhile, the types of support available for breastfeeding and transitioning to motherhood, along with the various sub-categories among new mothers, serve as a reference for future research. This review highlights the understudied nature of the topic concerning the use of social media and the social support received by new mothers in a digital context. Nevertheless, further studies are required to comprehend the diverse online support mothers receive via various media, prompting a more profound reflection on the interaction and integration of support from partners and significant others.

8. References (References are included in the review if they are noted with an asterisk '*')

Ainsworth, M. D. S., & Bell, S. M. (1970). Attachment, Exploration, and separation: illustrated by the behavior of One-Year-Olds in a strange situation. Child Development, 41(1), 49. https://doi.org/10.2307/1127388

Ajzen, I. (1991). The theory of planned behavior. Organizational Behavior and Human Decision Processes, 50(2), 179–211. https://doi.org/10.1016/0749-5978(91)90020-t

*Alianmoghaddam, N., Phibbs, S., & Benn, C. (2019). "I did a lot of Googling": A qualitative study of exclusive breastfeeding support through social media. Women and Birth, 32(2), 147–156. https://doi.org/10.1016/j.wombi.2018.05.008

Allen, S. M., & Hawkins, A. J. (1999). Maternal Gatekeeping: Mothers' beliefs and behaviors that inhibit greater father involvement in family work. Journal of Marriage and Family, 61(1), 199. https://doi.org/10.2307/353894

Anderson, A. S. a. M. (2018). Social Media Use in 2018. United States of America. http://apo.org.au/node/135341

*Archer, C., & Kao, K. (2018). Mother, baby and Facebook makes three: does social media provide social support for new mothers? Media International Australia, 168(1), 122–139. https://doi.org/10.1177/1329878x18783016

*Asiodu, I. V., Waters, C., Dailey, D. E., Lee, K. A., & Lyndon, A. (2015). Breastfeeding and use of social media among First-Time African American mothers. Journal of Obstetric, Gynecologic, & Neonatal Nursing, 44(2), 268–278. https://doi.org/10.1111/1552-6909.12552

*Aston, M., Price, S., Hunter, A., Sim, M., Etowa, J., Monaghan, J., & Paynter, M. (2020). Second opinions: Negotiating agency in online mothering forums. Canadian Journal of Nursing Research Archive, 53(4), 327–339. https://doi.org/10.1177/0844562120940554

*Aston, M., Price, S., Monaghan, J., Sim, M., Hunter, A., & Little, V. (2018). Navigating and negotiating information and support: Experiences of first-time mothers. Journal of Clinical Nursing, 27(3–4), 640–649. https://doi.org/10.1111/jocn.13970

*Baker, B., & Yang, I. (2018). Social media as social support in pregnancy and the postpartum. Sexual & Reproductive Healthcare, 17, 31–34. https://doi.org/10.1016/j.srhc.2018.05.003

Bandura, A. (1997). Self-Efficacy: The Exercise of Control. Macmillan.

*Bartholomew, M., Schoppe-Sullivan, S. J., Glassman, M., Dush, C. M. K., & Sullivan, J. M. (2012). New parents' Facebook use at the transition to parenthood. Family Relations, 61(3), 455–469. https://doi.org/10.1111/j.1741-3729.2012.00708.x

Bengtson, V. L., & Allen, K. R. (2008). The life course perspective applied to families over time. In Springer eBooks (pp. 469–504). https://doi.org/10.1007/978-0-387-85764-0_19

Black, R. E., Victora, C. G., Walker, S., Bhutta, Z. A., Christian, P., De Onis, M., Ezzati, M., Grantham-McGregor, S., Katz, J., Martorell, R., & Uauy, R. (2013). Maternal and child

undernutrition and overweight in low-income and middle-income countries. The Lancet, 382(9890), 427–451. https://doi.org/10.1016/s0140-6736(13)60937-x

*Black, R., McLaughlin, M., & Giles, M. (2020). Women's experience of social media breastfeeding support and its impact on extended breastfeeding success: A social cognitive perspective. British Journal of Health Psychology, 25(3), 754–771. https://doi.org/10.1111/bjhp.12451

Butler, J. (2005). Gender trouble: Feminism and the subversion of identity GT. Political Theory, 4(4), 4-24.

Cheek, J. (1999). Postmodern and poststructural approaches to nursing research. Sage.

*Clapton-Caputo, E., Sweet, L., & Muller, A. (2021). A qualitative study of expectations and experiences of women using a social media support group when exclusively expressing breastmilk to feed their infant. Women and Birth, 34(4), 370–380. https://doi.org/10.1016/j.wombi.2020.06.010

Collins, P. H. (2000). Gender, Black feminism, and Black political economy. Annals of the American Academy of Political and Social Science, 568(1), 41–53. https://doi.org/10.1177/000271620056800105

Collins, P. H. (2008). Reply to Commentaries:Black Sexual PoliticsRevisited. Studies in Gender and Sexuality, 9(1), 68–85. https://doi.org/10.1080/15240650701759292

Costa Jr, P. T., & McCrae, R. R. (1992). The five-factor model of personality and its relevance to personality disorders. Journal of personality disorders, 6(4), 343-359.

*Cowie, G., Hill, S., & Robinson, P. (2011). Using an online service for breastfeeding support: what mothers want to discuss. Health Promotion Journal of Australia, 22(2), 113–118. https://doi.org/10.1071/he11113

Criss, S., Baidal, J. a. W., Goldman, R. E., Perkins, M., Cunningham, C., & Taveras, E. M. (2015). The role of health information Sources in Decision-Making among Hispanic mothers during their children's first 1000 days of life. Maternal and Child Health Journal, 19(11), 2536–2543. https://doi.org/10.1007/s10995-015-1774-2

*Daehn, D., Martens, C., Loew, V., Kemmler, L., Rudolf, S., Kochen, E., Renneberg, B., & Pawils, S. (2023). SmartMoms – a web application to raise awareness and provide information on postpartum depression. BMC Pregnancy and Childbirth, 23(1). https://doi.org/10.1186/s12884-023-05680-9

De La Mora, A., Russell, D. W., Dungy, C. I., Losch, M. E., & Dusdieker, L. B. (1999). The Iowa Infant Feeding Attitude Scale: Analysis of Reliability and Validity1. Journal of Applied Social Psychology, 29(11), 2362–2380. https://doi.org/10.1111/j.1559-1816.1999.tb00115.x

Dennis, C. (2003). The Breastfeeding Self-Efficacy Scale: Psychometric Assessment of the Short form. Journal of Obstetric, Gynecologic, & Neonatal Nursing, 32(6), 734–744. https://doi.org/10.1177/0884217503258459

Dennis, C., & Faux, S. A. (1999). Development and psychometric testing of the Breastfeeding Self-Efficacy Scale. Research in Nursing & Health, 22(5), 399–409. https://doi.org/10.1002/(sici)1098-240x(199910)22:5

Doty, J., & Dworkin, J. (2014). Online Social Support for Parents: A Critical review. Marriage and Family Review, 50(2), 174–198. https://doi.org/10.1080/01494929.2013.834027

Duggan, M., Lenhart, A., Lampe, C., & Ellison, N. B. (2015). Parents and social media. Pew Research Center, 16(1), 2.

*Elliott, G., Letvak, S., Côté-Arsenault, D., Wallace, D. C., & Smith, J. (2022). First-Time mothers' invisible presence using social networking sites. MCN: The American Journal of Maternal/Child Nursing, 47(6), 318–326. https://doi.org/10.1097/nmc.0000000000000861

Emmott, E. H., Page, A. E., & Myers, S. (2020). Typologies of postnatal support and breastfeeding at two months in the UK. Social Science & Medicine, 246, 112791. https://doi.org/10.1016/j.socscimed.2020.112791

Eysenck, H. J. (1992). A reply to Costa and McCrae. P or A and C—the role of theory. Personality and individual Differences, 13(8), 867-868.

*Gibson, L., & Hanson, V. L. (2013, April). Digital motherhood: How does technology help new mothers?. In Proceedings of the SIGCHI conference on human factors in computing systems (pp. 313-322). https://doi.org/10.1145/2470654.2470700

Goldberg, L. R. (1993). The structure of phenotypic personality traits. American psychologist, 48(1), 26.

Granovetter, M. (1973). The strength of weak ties. American Journal of Sociology, 78(6), 1360–1380. https://doi.org/10.1086/225469

*Gray, J. B. (2013). Feeding On the Web: Online Social Support in the Breastfeeding Context. Communication Research Reports, 30(1), 1–11. https://doi.org/10.1080/08824096.2012.746219

*Henton, S., & Swanson, V. (2023). A mixed-methods analysis of the role of online social support to promote psychological wellbeing in new mothers. Digital Health, 9, 205520762211474. https://doi.org/10.1177/20552076221147433

Holmes, E. K., Egginton, B. R., Hawkins, A. J., Robbins, N. L., & Shafer, K. (2020). Do Responsible Fatherhood Programs Work? A Comprehensive Meta-Analytic Study. Family Relations, 69(5), 967–982. https://doi.org/10.1111/fare.12435

KelleyAmy, S., & Bollens-LundEvan. (2018). Identifying the Population with Serious Illness: The "Denominator" Challenge. Journal of Palliative Medicine, 21(S2), S-16. https://doi.org/10.1089/jpm.2017.0548

Kouri, P., Turunen, H., Tossavainen, K., & Saarikoski, S. (2006). Pregnant families' discussions on the Net-From Virtual Connections toward Real-Life community. Journal of Midwifery & Women's Health, 51(4), 279–283. https://doi.org/10.1016/j.jmwh.2005.10.010

*Lowe, J. B., Barnes, M., Teo, C., & Sutherns, S. (2012). Investigating the use of social media to help women from going back to smoking post-partum. Australian and New Zealand Journal of Public Health, 36(1), 30–32. https://doi.org/10.1111/j.1753-6405.2012.00826.x

*Lupton, D. (2016). The use and value of digital media for information about pregnancy and early motherhood: a focus group study. BMC Pregnancy and Childbirth, 16(1). https://doi.org/10.1186/s12884-016-0971-3

*Lupton, D. (2017). 'It just gives me a bit of peace of mind': Australian women's use of digital media for pregnancy and early motherhood. Societies, 7(3), 25. https://doi.org/10.3390/soc7030025

*Lupton, D., & Pedersen, S. (2016). An Australian survey of women's use of pregnancy and parenting apps. Women and Birth, 29(4), 368–375. https://doi.org/10.1016/j.wombi.2016.01.008

McCarter-Spaulding, D., & Gore, R. (2012). Social support improves breastfeeding Self-Efficacy in a sample of Black women. Clinical Lactation, 3(3), 112–115. https://doi.org/10.1891/215805312807022923

Meleis, A. I., Sawyer, L. M., Im, E. O., Messias, D. a. K. H., & Schumacher, K. (2000). Experiencing Transitions: An Emerging Middle-Range Theory. Advances in Nursing Science, 23(1), 12–28. https://doi.org/10.1097/00012272-200009000-00006

Milligan, C., & Wiles, J. (2010). Landscapes of care. Progress in Human Geography, 34(6), 736–754. https://doi.org/10.1177/0309132510364556

Montano, D., & Kasprzyk, D. (2008). Theory of reasoned action, theory of planned behavior, and the integrated behavioral model. Health Behavior: Theory, Research, and Practice. http://psycnet.apa.org/record/2008-17146-004

Morris, H., & Bertram, D. E. (2013). Therapist utilization of online social support for parents of premature infants. Contemporary Family Therapy, 35(3), 583–598. https://doi.org/10.1007/s10591-013-9239-5

*Morse, H., & Brown, A. (2021). Accessing local support online: Mothers' experiences of local Breastfeeding Support Facebook groups. Maternal and Child Nutrition, 17(4). https://doi.org/10.1111/mcn.13227

Mulsow, M., Caldera, Y. M., Pursley, M., Reifman, A., & Huston, A. C. (2002). Multilevel factors influencing maternal stress during the first three years. Journal of Marriage and Family, 64(4), 944–956. https://doi.org/10.1111/j.1741-3737.2002.00944.x

Nadeem, R. (2023, May 10). Parenting in America Today: A survey Report (2023) | Pew Research Center. Pew Research Center's Social & Demographic Trends

Project. https://www.pewresearch.org/social-trends/2023/01/24/parenting-in-america-today/?utm_source=AdaptiveMailer&utm_medium=email&utm_campaign=23-1-24%20GRAL%20Distro%20SDT%20Parenting%20Release&org=982&lvl=100&ite=11063&lea=2293961&ctr=0&par=1&trk=a0D3j000012TyIwEAK

Niela-Vilén, H., Axelin, A., Salanterä, S., & Melender, H. (2014). Internet-based peer support for parents: A systematic integrative review. International Journal of Nursing Studies, 51(11), 1524–1537. https://doi.org/10.1016/j.ijnurstu.2014.06.009

Pistrang, N. (1984). Women's work involvement and experience of new motherhood. Journal of Marriage and Family, 46(2), 433. https://doi.org/10.2307/352475

*Price, S., Aston, M., Monaghan, J., Sim, M., Murphy, G. T., Etowa, J., Pickles, M., Hunter, A., & Little, V. (2017). Maternal Knowing and social networks: Understanding First-Time mothers' search for information and support through online and offline social networks. Qualitative Health Research, 28(10), 1552–1563. https://doi.org/10.1177/1049732317748314

*Regan, S., & Brown, A. (2019). Experiences of online breastfeeding support: Support and reassurance versus judgement and misinformation. Maternal and Child Nutrition, 15(4). https://doi.org/10.1111/mcn.12874

*Robinson, A., Davis, M., Hall, J. N., Lauckner, C., & Anderson, A. K. (2019). It takes an E-Village: supporting African American mothers in sustaining breastfeeding through Facebook communities. Journal of Human Lactation, 35(3), 569–582. https://doi.org/10.1177/0890334419831652

*Robinson, A., Lauckner, C., Davis, M., Hall, J. N., & Anderson, A. K. (2019). Facebook support for breastfeeding mothers: A comparison to offline support and associations with breastfeeding outcomes. Digital Health, 5, 205520761985339. https://doi.org/10.1177/2055207619853397

Rodgers, M., Sowden, A., Petticrew, M., Arai, L., Roberts, H., Britten, N., & Popay, J. (2009). Testing methodological guidance on the conduct of narrative synthesis in systematic reviews. Evaluation, 15(1), 49–73. https://doi.org/10.1177/1356389008097871

Safko, L., & Brake, D. K. (2009). The social media Bible: Tactics, Tools, and Strategies for Business Success. Wiley.

*Saha, A., & Das, M. (2017, December). Impact of social networking sites on post-partum depression in women: An analysis in the context of Bangladesh. In 2017 20th International Conference of Computer and Information Technology (ICCIT) (pp. 1-6). IEEE. https://doi.org/10.1109/iccitechn.2017.8281831

*Schoppe-Sullivan, S. J., Yavorsky, J. E., Bartholomew, M., Sullivan, J. M., Lee, M. A., Dush, C. M. K., & Glassman, M. (2016). Doing gender Online: new mothers' psychological characteristics, Facebook use, and depressive symptoms. Sex Roles, 76(5–6), 276–289. https://doi.org/10.1007/s11199-016-0640-z

*Skelton, K., Evans, R. R., LaChenaye, J., Amsbary, J. H., Wingate, M. S., & Talbott, L. L. (2018). Exploring social media group use among Breastfeeding Mothers: Qualitative analysis. JMIR Pediatrics and Parenting, 1(2), e11344. https://doi.org/10.2196/11344

*Slomian, J., Bruyère, O., Reginster, J., & Emonts, P. (2017). The internet as a source of information used by women after childbirth to meet their need for information: A web-based survey. Midwifery, 48, 46–52. https://doi.org/10.1016/j.midw.2017.03.005

Snell, W. E., Overbey, G. A., & Brewer, A. L. (2005). Parenting perfectionism and the parenting role. Personality and Individual Differences, 39(3), 613–624. https://doi.org/10.1016/j.paid.2005.02.006

Stryker, S., & Burke, P. J. (2000). The past, present, and future of an identity theory. Social psychology quarterly, 284-297.

*Tomfohrde, O. J., & Reinke, J. S. (2016). Breastfeeding mothers' use of technology while breastfeeding. Computers in Human Behavior, 64, 556–561. https://doi.org/10.1016/j.chb.2016.07.057

Trickey, H. (2018). Theorising breastfeeding peer support as intervention in a complex ecological system: lessons for implementation and evaluation in a Welsh context. https://ethos.bl.uk/OrderDetails.do?uin=uk.bl.ethos.774956

*Uzunçakmak, T., Gökşin, İ., & Ayaz-Alkaya, S. (2021). The effect of social media-based support on breastfeeding self-efficacy: a randomised controlled trial. The European Journal of Contraception & Reproductive Health Care, 27(2), 159–165. https://doi.org/10.1080/13625187.2021.1946500

Vismara, L., Rollè, L., Agostini, F., Sechi, C., Fenaroli, V., Molgora, S., Neri, E., Prino, L. E., Odorisio, F., Trovato, A., Polizzi, C., Brustia, P., Lucarelli, L., Monti, F., Saita, E., & Tambelli, R. (2016). Perinatal Parenting Stress, Anxiety, and Depression Outcomes in First-Time Mothers and Fathers: A 3- to 6-Months Postpartum Follow-Up Study. Frontiers in Psychology, 7. https://doi.org/10.3389/fpsyg.2016.00938

Whittemore, R., & Knafl, K. A. (2005). The integrative review: updated methodology. Journal of Advanced Nursing, 52(5), 546–553. https://doi.org/10.1111/j.1365-2648.2005.03621.x

*Wilson, J. C. (2020). Using social media for breastfeeding support. Nursing for Women's Health, 24(5), 332–343. https://doi.org/10.1016/j.nwh.2020.07.003

Zahavi-Lupo, T., Lazarus, G., Pshedetzky-Shochat, R., Bar-Kalifa, E., Refoua, E., Gleason, M. E. J., & Rafaeli, E. (2022). His, hers, or theirs? Hope as a dyadic resource in early parenthood. The Journal of Positive Psychology, 1–16. https://doi.org/10.1080/17439760.2022.2093780