

# INPLASY

## Exclusive Breastfeeding and Its Determinants in Mothers of Urban Slums: A Systematic Review and Meta-Analysis

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### ADMINISTRATIVE INFORMATION

**Support** - None

**Review Stage at time of this submission** - The review has not yet started.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY202650094

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 16 May 2026 and was last updated on 16 May 2026.

### INTRODUCTION

**Review question / Objective** 1. What is the pooled prevalence of exclusive breastfeeding among mothers of urban slums? 2. What are the key determinants associated with EBF in these settings?

**Condition being studied** Exclusive breastfeeding is defined as the infant receiving only breast milk without any additional food or drink, including water, for the first six months of life.

### METHODS

**Participant or population** Mothers aged 18 years or older residing in urban slums worldwide.

**Intervention** Not applicable.

**Comparator** Not Applicable.

**Study designs to be included** Observational studies.

**Eligibility criteria** • Studies reporting the proportion of exclusive breastfeeding practice among mothers ( $\geq 18$  years)

- Studies conducted in urban and peri-urban slums and informal settlements
- Observational study designs
- Full-text articles published in English
- Published to date.

**Information sources** A comprehensive systematic search will be conducted using following databases:

- MEDLINE/PubMed
- Embase
- CINAHL
- SCOPUS

The search terms will be used: Exclusive breastfeeding, EBF, urban, peri-urban, slum  
Search filters will be applied for study type where appropriate.

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**Main outcome(s)** 1. Pooled proportion of exclusive breastfeeding among mothers residing in urban slums  
2. Pooled odds ratio of the factors associated with exclusive breastfeeding among these mothers.

**Quality assessment / Risk of bias analysis**

Quality assessment of the studies will be assessed using the Joanna Briggs Institute (JBI) critical appraisal checklist.

**Strategy of data synthesis**

Rayyan, a systematic review software, will be used for duplicate removal and screening. Initial screening will involve a title and abstract review by two independent reviewers to assess study eligibility for inclusion. This will be followed by a full text review of all the articles selected by the initial screening process. This will be done individually by two review authors. Dispute (if any) will be resolved by discussion or, if required, by speaking with another review author. Analysis will be performed in R studios (version 4.3). The pooled proportion of the EBF will be estimated using both fixed and random-effects model (DerSimonian and Laird method) and will be presented as proportion with 95% confidence interval. The heterogeneity will be assessed using cochrans' Q statistics, Tau, Tau square and I-square statistics.

**Subgroup analysis** Subgroup analyses will be performed by country (India vs. other countries), by WHO region-specific countries, by maternal education and by quality of studies.

**Sensitivity analysis** For the sensitivity analysis, we will be using leave-one-out meta-analysis and meta-regression.

**Country(ies) involved** India.

**Keywords** Exclusive breastfeeding; urban slum; mother.

**Contributions of each author**

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