INTERVENTIONS TO SUPPORT MATERNAL ROLE ATTAINMENT: A SYSTEMATIC REVIEW

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**ABSTRACT**

**Purpose:** Motherhood role acquisition is a process of learning motherhood behaviors and the person needs support in order to overcome this process successfully. The purpose of this study was to review studies on supporting motherhood role acquisition and accordingly guide nurses concerning the interventions to use when helping mothers.

**Method:** The study using a systematic compilation method was based on the PRISMA method. The study reviewed the international papers published from 2012 to 2021 (past 10 years) on the “Web of Science”, “PubMed” and “Science Direct” databases using keywords such as “Maternal Role Attainment” and “Maternal Identity Development” between 01.07.2021 and 01.08.2021.

**Findings:** As a result of the review the study reached a total of 98 publications. However, the study included only seven studies to review in line with the inclusion criteria. We saw that the studies chose samples with features to complicate adaptation to the motherhood role such as risky pregnancy, being a mother for the first time and unintended pregnancy. Examining the interventions aimed at supporting the motherhood role, we determined that six out of the seven studies used the training method; however, the trainings were performed via different technics. We found that one of the studies used the music therapy method. The results of the studies reviewed demonstrated that the intervention group mothers had less motherhood stress and better motherhood role competence.

**Conclusion:** The systematic review revealed the quantitative inadequacy of intervention studies aiming to support the motherhood role. The use of only two methods, education and music, and the selection of samples with similar characteristics showed that there is a need for studies using different methods and samples.