**Table 1. Article Quality Assessment**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Author | Were the criteria for inclusion in the sample clearly defined? | Were the study subjects and the setting described in detail? | Were the exposure measures in a valid and reliable way | Were objective, standard criteria used for the measurement of the condition? | Were the confounding factors identified? | Were strategies to deal with confounding factors stated | Were the outcomes measured in a valid and reliable way | Was appropriate statistical analysis used? |
| Cross-Sectional Study |
| Águeda Cervera-Gasch et al(14) | Y | Y | Y | Y | U | Y | Y | Y |
| Batool Ali Al-Katufi et al (15) | Y | Y | Y | Y | U | Y | Y | Y |
| Su-Ying Tsai et al(7) | Y | Y | Y | Y | U | U | Y | Y |
| Qualitative Study |
| Author | Was there a clearstatement of the aims ofthe research? | . Is a qualitativemethodologyappropriate? | Was the researchdesign appropriate toaddress the aims of theresearch? | Was the recruitmentstrategy appropriate tothe aims of theresearch? | Was the data collected ina way that addressed theresearch issue? | Has the relationshipbetween researcher andparticipants have beenadequately considered? | Have ethical issues beentaken into consideration? | Was the data analysissufficiently rigorous? |
| Hentges et al(16) | Y | Y | Y | Y | U | Y | Y | Y |
| Mabaso et al(17) | Y | Y | Y | Y | U | Y | Y | Y |
| Wolde et al (18) | Y | Y | Y | Y | U | U | Y | Y |
| Hasan et al (19) | Y | Y | Y | Y | U | U | Y | Y |
| Maponya et al (20) | Y | Y | Y | Y | Y | U | Y | Y |
| Ahmad et al (21) | Y | Y | Y | Y | U | U | Y | Y |
| Wahyuni et al (22) | Y | Y | Y | Y | U | U | Y | Y |

Notes: Y = yes, C= can't tell, N = No, N/A= not applicable, M= moderate overall quality, L = low overall quality

Further information for the question “What were the results of this study” has been presented in Table 2.

**Table 2. Characteristics of research**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Authors | Year | Country | Aim  | Study type | Data collection method | Type of workplace | Respondent  | Findings |
| Hentges et al (16) | 2021 | Dutch | Identify the perceptions and experiences of mothers employed at Dutch universities regarding barriers and enablers to workplace breastfeeding and pumping | Qualitative study | Interview | University | Three experts and ten academic employees | Inappropriate and inaccessible lactation rooms, a lack of communication and information provision, other people's lack of awareness, inflexible working hours and unadjusted workloads, especially for teaching positions. All participants found the duration of Dutch maternity leave too short. |
| Águeda Cervera-Gasch et al (14) | 2020 | Spain | analyze the perception of support of breastfeeding workers to continue breastfeeding at two Spanish universities, and the associated factors | A multicenter retrospective cross-sectional comparative study | Questionnaire | University | 777 female workers at the Universidad de Sevilla (US) and the Universitat Jaume I (UJI) | The factors associated with continuing breastfeeding for longer were the university having a breastfeeding support policy and special accommodation, participating in breastfeeding support groups, intending to continue breastfeeding after returning to work, knowing the occupational legislation in force, and having a female supervisor.  |
| Batool Ali Al-Katufi et al (15) |  2020 | Saudi Arabia | Assessing the obstacles that hinder the continued EBF of mothers working in primary health care (PHC) in Saudi Arabia, particularly in the Al-Ahsa region. | analytic cross-sectional study | Questionnaire | Public Health Center | 280 mothers working in PHC | an early return to work, an unsupportive working environment, inadequate breast milk, breastfeeding taking much time from the mother's daily routine, working environments in the field of PHC did not contain suitable places to breastfeed or pump breast milk, no facilities for storage of milk expressed during working hours, could not benefit from breastfeeding breaks during the workday, the existence of a strict work schedule within the work environment. |
| Mabaso et al. (17) | 2020 | South Africa | explore breastfeeding at work experiences from the perspective of employed mothers and senior managers in a provincial government setting in South Africa | Qualitative study | Interview | Government department | Snowball sampling was employed to recruit twelve participants, senior managers (n = 4) and employed mothers (n = 8), from two provincial government departments in Cape Town, South Africa. | Knowledge about the legislation and breastfeeding support benefits. Most participants only knew about the legislated four months of maternity leave and time off for prenatal visits. However, they needed to gain knowledge about comprehensive maternity benefits, Perceptions, and workplace breastfeeding experiences. Breastfeeding was perceived to be a mother's responsibility and a private issue. As a result, most participants stopped breastfeeding prior to or immediately upon return to work after maternity leave. Barriers to breastfeeding continuation include the absence of a conversation about infant feeding plans between managers and mothers.  |
| Wolde et al(18) | 2022 | Ethiopia | explore employers’ experience and perception of employed mothers’ breastfeeding experience in different working environments in Addis Ababa, Ethiopia. | Qualitative study | Interview | private, governmental and non-governmental institutions | 10 employers | Understanding breastfeeding, current maternity leave, perception of breastfeeding supporting the conditions, and mother-friendly work environment were the themes generated after analysis. Almost all employers in this study recognized the importance of breastfeeding despite their different work environments, and they also acknowledged the importance of making the working environment mother-friendly for the stability and motivation of employed mothers. |
| Hasan et al (19) | 2020 | Bangladesh | to explore the barriers and facilitators of breastfeeding and perceptions about the use of expressed breast milk among mothers who worked in the RMG sector. | Qualitative study | Interview | ready-made garments factories | 8 in-depth interviews and 4 focus group discussions (mothers and caregivers), and 2 key informants (RMG factory official) interviews | Despite knowledge of breast milk's benefits and the importance of breastfeeding for 6 months, most mothers introduced formula as early as 2 months to prepare for their return to work. Barriers such as excessive workload, inadequate crèche facilities, and inadequate caregivers at home impeded exclusive breastfeeding. Mothers and caregivers had very little knowledge about using expressed breast milk and were concerned about contamination. |
| Maponya et al(20) | 2021 | South Africa | This study aimed to gain an in-depth understanding of the experience of South African working mothers in the adherence to exclusive breastfeeding when returning from maternity leave. | Qualitative study | Interview | two primary health care clinics | Eight breastfeeding mothers | The need to return to the workplace soon after the baby's birth, psychological responses in the adherence to exclusive breastfeeding, lack of support from employers and co-workers in the adherence to exclusive breastfeeding, lack of or partial implementation of breastfeeding policies in the workplace, the workplace not being supportive for mothers’ having to express and the workplace not being supportive for mothers’ having to store breastmilk. |
| Su-Ying Tsai et al (7) | 2022 | Taiwan | To explore the impact of breastfeeding-friendly support on the intention of working mothers with different work schedules to continue breastfeeding | Cross-sectional study | Questionnaire | an electronics manufacturing plant in Tainan Science Park in Southern Taiwan | 715 working mothers employed | Using a lactation room and taking advantage of breast-pumping breaks were significant factors for breastfeeding one to six months after returning to work and more than six months after returning to work among shift workers and non-shift workers. In addition, among non-shift workers, a higher education level of the mother and partner support positively affected a mother continuing breastfeeding for more than six months after returning to work. |
| Ahmad et al (21) | 2022 | Malaysia | explore working mothers' breastfeeding experiences and challenges that can influence their practices | Qualitative study | Interview | Raja Perempuan Zainab II Hospital Universiti Sains Malaysia Hospital and government and private offices in the district of Kota Bharu | Sixteen participants aged 24 to 46 years | Perception towards breastfeeding and infant formula, perceived insufficient milk and breastfeeding difficulty, internal support (spouse and family) and external support (friends, employer, and healthcare staff). |
| Wahyuni et al (22) | 2020 | Indonesia | to explore the meaning of breastfeeding self-efficacy from the working mothers’ perspective | Qualitative study | Interview | outpatient department in a hospital in Surabaya, Indonesia. | 8 working mothers  | The source of breastfeeding self-efficacy, the benefits of breastfeeding, another woman's experience, perception of workplace control, the estimated ability of self-confidence, and the decision to breastfeed. The participants who decided to breastfeed for at least two years tended to think positively about breastfeeding. |