



Figure 3-5: Participant flow

Table 3-10: Summary of categorical baseline characteristics

Variable	Trial arms		Overall n=106 n (%)
	Control n=53 n (%)	Intervention n=53 n (%)	
Smokers	4 (8)	3 (6)	7 (7)
Missing	0 (0)	0 (0)	0 (0)
Ethnic origin			
Missing	0 (0)	2 (1)	1 (1)
White British	46 (87)	44 (83)	90 (85)
White European	1 (2)	4 (8)	5 (5)
White other	1 (2)	2 (4)	3 (3)
Asian	5 (9)	1 (2)	6 (6)
Black African	0 (0)	2 (1)	1 (2)
Marital status			
Missing	0 (0)	0 (0)	0 (0)
Married /Partner	47 (89)	51 (96)	98 (93)
Single living alone	4 (7)	2 (4)	6 (6)
Single living friends	2 (4)	0 (0)	2 (2)
Education level			
Missing	0 (0)	0 (0)	0 (0)
None	2 (4)	1 (2)	3 (3)
GCSE	8 (15)	5 (9)	13 (12)
A level/Diploma	13 (24)	19 (36)	32 (30)
Degree or above	30 (57)	28 (53)	58 (55)
Income			
Missing	1 (2)	2 (4)	3 (3)
Up to £15,000	10 (19)	9 (18)	19 (18)
Up to £30,000	10 (19)	13 (25)	23 (22)
Up to £40,000	32 (60)	29 (55)	61 (58)
Primipara	33 (62)	31 (59)	64 (60)
Missing	0 (0)	0 (0)	0 (0)
First time BF	35 (66)	35 (66)	70 (66)
Missing	0 (0)	0 (0)	0 (0)
2 nd infant 1 st time BF	2 (4)	4 (8)	6 (6)
Missing	0 (0)	0 (0)	0 (0)
Previous Successful BF	8 (15)	11 (21)	19 (18)
Missing	0 (0)	0 (0)	0 (0)

Table 3-11: Summary of baseline numerical data

Variable	Trial arm	N	Missing %	n available	Min	LQ ¹	Med ²	UQ ³	Max
Age (yrs.)	Control	53	0.0	53	17	26	31	33	38
	Intervention	53	0.0	53	20	26	30	34	39
	All	106	0.0	106	17	26	30	33	39
Age left FT Education (yrs.)	Control	53	5.7	50	15	17	20	23	28
	Intervention	53	5.7	50	16	18	20	22	27
	All	106	5.7	100	15	17	21	22	28
BFSE total scores	Control	53	0.0	53	31	39	47	57	70
	Intervention	53	0.0	53	29	39	49	56	70
	All	106	0.0	106	29	39	48	56	70
BF problems	Control	53	0.0	53	0	0	1	3	8
	Intervention	53	0.0	53	0	0	1	3	5
	All	106	0.0	106	0	0	1	3	8

¹Lower quartile, ²Median, ³Upper quartile,

Outcome measures

Primary outcome measure (for Pilot RCT)

Table 3-17: Feeding method at six weeks

Variable	Trial arms		Overall
	Control (n=52)	Intervention (n=52)	
Any BF n (%)	35 (67)	37 (71)	72 (69)
Formula n (%)	17 (33)	15 (29)	32 (31)
Missing n (%)	1 (1.9)	1 (1.9)	2 (2.0)

Secondary outcome measures

Table 3-18: Summary of six week numerical data

Variables	Trial arm	N	Missing %	n available	Min	LQ ¹	Med ²	UQ ³	Max
Satisfaction	Control	53	39.6	32	3	7	8	9	10
	Intervention	53	35.9	34	3	7	9	10	10
	All	106	37.7	66	3	7	8	9	10
Total BFSES	Control	53	39.6	32	31	53	59	64	70
	Intervention	53	37.7	33	41	55	64	68	70
	All	106	38.7	65	31	54	61	66	70
Total number of problems	Control	53	39.6	32	0	1	3	4	10
	Intervention	53	37.7	33	0	1	2	3	9
	All	106	38.7	65	0	1	2	3	10

¹Lower quartile, ²Median, ³Upper quartile, ⁴Control, ⁵Intervention.

Table 3-19: Summary for 6 week individual BFSE items

How confident are you that you can:	Trial arm	N	Missing %	n available	Min	LQ ¹	Med ²	UQ ³	Max
1. Determine your baby has enough milk	Intervention	53	21	32	2.0	4.0	4.0	4.0	5.0
	Control	53	19	33	1.0	4.0	5.0	5.0	5.0
	All	106	41	65	1.0	4.0	4.0	5.0	5.0
2. Successfully cope with BF like you have with other challenging tasks	Intervention	53	21	32	1.0	4.0	4.0	5.0	5.0
	Control	53	19	33	3.0	4.0	5.0	5.0	5.0
	All	106	41	65	1.0	4.0	4.0	5.0	5.0
3. Breastfeed without using formula	Intervention	53	21	32	1.0	2.3	5.0	5.0	5.0
	Control	53	19	33	1.0	3.0	4.0	5.0	5.0
	All	106	41	65	1.0	3.0	5.0	5.0	5.0
4. Properly attach for whole feed	Intervention	53	21	32	2.0	4.0	5.0	5.0	5.0
	Control	53	19	33	2.0	4.0	5.0	5.0	5.0
	All	106	41	65	2.0	4.0	5.0	5.0	5.0
5. Manage the BF situation to your satisfaction	Intervention	53	21	32	2.0	3.3	4.0	5.0	5.0
	Control	53	19	33	3.0	4.0	5.0	5.0	5.0
	All	106	41	65	2.0	4.0	4.0	5.0	5.0
6. Breastfeed even if baby is crying	Intervention	53	21	32	2.0	4.0	4.0	5.0	5.0
	Control	53	19	33	2.0	4.0	5.0	5.0	5.0
	All	106	41	65	2.0	4.0	5.0	5.0	5.0
7. Keep wanting to breastfeed	Intervention	53	21	32	1.0	4.0	5.0	5.0	5.0
	Control	53	19	33	3.0	4.0	5.0	5.0	5.0
	All	106	41	65	1.0	4.0	5.0	5.0	5.0
8. Comfortably breastfeed with family members present	Intervention	53	21	32	2.0	4.0	5.0	5.0	5.0
	Control	53	19	33	2.0	4.0	5.0	5.0	5.0
	All	106	41	65	2.0	4.0	5.0	5.0	5.0
9. Be satisfied with BF experience	Intervention	53	21	32	1.0	3.0	4.0	5.0	5.0
	Control	53	19	33	2.0	4.0	5.0	5.0	5.0
	All	106	41	65	1.0	4.0	4.0	5.0	5.0
10. Deal with the fact that BF can be time consuming	Intervention	53	21	32	1.0	3.0	4.0	5.0	5.0
	Control	53	19	33	2.0	4.0	5.0	5.0	5.0
	All	106	41	65	1.0	4.0	4.0	5.0	5.0
11. Finish one side before switching	Intervention	53	21	32	2.0	4.0	4.0	5.0	5.0
	Control	53	19	33	1.0	4.0	5.0	5.0	5.0
	All	106	41	65	1.0	4.0	5.0	5.0	5.0
12. Continue BF for every feed	Intervention	53	21	32	1.0	3.0	4.0	5.0	5.0
	Control	53	19	33	1.0	3.0	5.0	5.0	5.0
	All	106	41	65	1.0	3.0	5.0	5.0	5.0
13. Keep up with baby's demands	Intervention	53	21	32	1.0	3.3	4.0	5.0	5.0
	Control	53	19	33	1.0	4.0	5.0	5.0	5.0
	All	106	41	65	1.0	4.0	4.0	5.0	5.0
14. Tell when baby has finished	Intervention	53	21	32	2.0	3.3	4.0	5.0	5.0
	Control	53	19	33	2.0	4.0	5.0	5.0	5.0
	All	106	41	65	2.0	4.0	4.0	5.0	5.0

¹Lower quartile, ²Median, ³Upper quartile

Adverse events

There were no adverse events associated with this trial.