Informed Consent for Randomised Controlled Trial of Breastfeeding Interventions

Title of Study: Effectiveness of antenatal breast-feeding workshop and postnatal brief motivational intervention to increase the breast-feeding duration in the first 6 months postpartum – a study trial

Background information: Brunei Darussalam currently has the highest rate of childhood obesity among South-East Asian countries where 18.2% children aged 5 to 19 years old are found to be obese, a concerning national issue as childhood obesity is a significant risk factor for non-communicable diseases (diabetes, hypertension, cancer etc.). One important factor in protecting children from developing childhood obesity is exclusive breastfeeding in the first six months. It is therefore essential that interventions and strategies are developed to promote breastfeeding especially in supporting first-time mothers in their breastfeeding journeys.

Purpose of this research study: As an effort in promotion of breastfeeding, the trial aims to assess the effectiveness of both breastfeeding workshop and brief motivational interventions via phone calls at the first and third month age of infants for first-time parents to increase the duration of exclusive breastfeeding to at least six months and beyond.

Procedures: In this study, first-time parents who have not had any previous experience in breastfeeding are randomly assigned to either **the intervention group** (breastfeeding workshop and brief motivational intervention) or **the control group** (breastfeeding workshop only). Parents are then followed up until six months after their child is born to assess their status of exclusive breastfeeding.

Possible risks or benefits: There are no risks to participants for joining this trial. There are no direct financial or other benefits for participants.

Right of refusal to participate and withdrawal: You are free to choose to participate to this trial. You may also withdraw anytime from the study. You may also refuse to answer some or all the questions if you do not feel comfortable with the questions.

Confidentiality: All information provided by you will remain confidential. Nobody except Principal Investigator will have an access to it. Your name and identity will also not be disclosed at anytime however the data may be seen by ethical review committee and may be published in journal and elsewhere without giving your name or disclosing your identity.

Available source of information: If you have any questions, you may contact the Principal Investigation (Dr. Faezah Binti Dato Haji Mohd Amin), Health Promotion Center on following number: +673-830 5515.

Complaints: If you would like to submit any complaints pertaining to the study trial including its way of conduct, please contact the **Medical and Health Research and Ethics Committee** via their email address: mhrec@moh.gov.bn