Evaluation of the impact of breastfeeding support groups in primary health centers in Andalusia, Spain

Submission date	Recruitment status No longer recruiting	[X] Prospectively registered		
20/05/2020		[X] Protocol		
Registration date	Overall study status Completed	Statistical analysis plan		
17/06/2020		[X] Results		
Last Edited	Condition category	[] Individual participant data		
31/07/2025	Other			

Plain English summary of protocol

Background and study aims

The World Health Organization (WHO) recommends exclusive breastfeeding up to 6 months of age to achieve adequate growth. Despite this recommendation, the exclusive breastfeeding rate at 6 months is low. The aim of this study is to evaluate the impact of breastfeeding support groups in primary health centers in Andalusia, Spain.

Who can participate?

Adult women who have established exclusive or mixed breastfeeding once they attend the postnatal check with their midwife, and who have attended the breastfeeding group session included in their primary health centre's antenatal classes

What does the study involve?

Participants are randomly allocated to the control group or the intervention group. The control group will receive the usual care consisting of group prenatal education on breastfeeding offered by their center. The intervention group will receive the usual care and they will also participate in monthly breastfeeding support sessions reinforced with a WhatsApp and/or Facebook group led by other lactating mothers (peer support) and coordinated by their reference midwife. Measurements will be carried out at 10 days postpartum and after 2, 4 and 6 months to evaluate the rate of breastfeeding using a questionnaire. Factors related to the success of breastfeeding will be identified.

What are the possible benefits and risks of participating? Participants may breastfeed for longer. Risks are not expected.

Where is the study run from?

This study will run from primary health centers in Andalucia, Spain

When is the study starting and how long is it expected to run for? January 2020 to December 2023

Who is funding the study? Consejería de Salud y Familias de la Junta de Andalucia (Spain)

Who is the main contact? Fatima Leon-Larios fatimaleon@us.es

Contact information

Type(s)

Public

Contact name

Dr Fatima Leon-Larios

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Contact details

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Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

08/2019 project

Study information

Scientific Title

Evaluation of the impact of breastfeeding support groups in primary health centres in Andalusia, Spain: a cluster randomized controlled trial (Galma Project)

Acronym

Galma Project

Study objectives

Women who attend breastfeeding support groups breastfeed exclusively longer than women who do not attend any support group.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 24/02/2020, Investigation Ethics Committee of the hospitals Virgen Macarena and Virgen del Rocio (c/o Carlos García Pérez, University Hospitals Vírgen Macarena-Virgen del Rocío, Seville, Spain; +34 (0)600 16 24 58; administracion.eecc.hvm.sspa@juntadeandalucia.es), ref: Code1936-N-19

Study design

Interventional multicentre cluster randomized clinical trial

Primary study design

Interventional

Study type(s)

Other

Health condition(s) or problem(s) studied

Breastfeeding

Interventions

Participants will be randomized without blinding due to the impossibility of achieving it with patients or researchers (open, masking not used). Women will be allocated by clusters (primary health centers) by simple random sampling.

Intervention group: participation in monthly breastfeeding support sessions reinforced with a WhatsApp and/or Facebook group led by other lactating mothers (peer support) and coordinated by their reference midwife, follow up every 2 months, and 10 days after birth, follow up through telephone, app or online questionnaire via WhatsApp.

Control group: usual care about breastfeeding: antenatal lessons and follow up in the outpatient clinic.

Measurements will be carried out at the postpartum 10 days, 2, 4 and 6 months to evaluate the rate of breastfeeding using the validated questionnaire of self-efficacy of breastfeeding, general self-efficacy questionnaire and problems identified related to breastfeeding. Factors related to the success of breastfeeding will be identified.

Intervention Type

Behavioural

Primary outcome(s)

Percentage of exclusive breastfeeding, mixed breastfeeding, or formula, measured using study app or online questionnaire completed by the mother at 10 days after birth, 2, 4, 6 months after birth

Key secondary outcome(s))

1. Sociodemographic outcomes (mother's age, level of education, marital status, employment status, country of origin) measured with closed-ended questions using study app or online questionnaire completed by the mother and the midwife before birth

- 2. Breastfeeding self-efficacy assessed using breastfeeding self-efficacy scale-short form (Spanish Version) at baseline (10 days after birth), 2, 4, 6 months after birth
- 3. A breastfeeding observation assessed using WHO Breastfeeding assessment tool at 10 days after birth
- 4. Breastfeeding self-efficacy assessed using General Self-efficacy scale (Spanish Version) at 10 days, 2, 4, 6 months after birth
- 5. Motivation for interruption of breastfeeding assessed with open-ended questions completed by the mother using study app or online questionnaire at 2, 4, 6 months after birth
- 6. Problems related to breastfeeding measured by open-ended questions completed by the mother using study app or online questionnaire at 2, 4, 6 months after birth
- 7. Obstetric outcomes (type of birth, type of onset of labour, type of analgesia used, perineal trauma, skin-to-skin technique) measured by closed-ended questions completed by the mother using study app or online questionnaire at 10 days after birth

Completion date

31/12/2023

Eligibility

Key inclusion criteria

- 1. Healthy women with exclusive or mixed breastfeeding 10 days after birth, and attended antenatal lessons in the Primary Health Centre
- 2. Women over 18 years of age
- 3. Women who accepted and signed the informed consent

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

Female

Total final enrolment

382

Key exclusion criteria

- 1. HIV positive
- 2. Cancer
- 3. Tuberculosis infection
- 4. No intention to breastfeed
- 5. Impossibility or contraindication to breastfeed due to medical conditions
- 6. Communication difficulties due to language

Date of first enrolment

01/10/2021

Date of final enrolment

01/12/2023

Locations

Countries of recruitment

Spain

Study participating centre Servicio Andaluz de Salud

Av Constitución, 18 Seville Spain 41071

Sponsor information

Organisation

Consejería de Salud y Familias de la Junta de Andalucia

Organisation

University of Seville

ROR

https://ror.org/03yxnpp24

Organisation

Fundación Pública Andaluza para la Gestión de la Investigación en Salud de Sevilla

ROR

https://ror.org/01bp61317

Funder(s)

Funder type

Government

Funder Name

Consejería de Salud y Familias de la Junta de Andalucia

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Dr Fátima León-Larios (fatimaleon@us.es). The database will be available when the study is finished. Data will be anonymous and will be able to be used for scientific purposes.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient- facing?
Results article		28/03 /2024	04/04 /2024	Yes	No
Results article	breastfeeding rates, postpartum depression and general self-efficacy	10/01 /2024	31/07 /2025	Yes	No
Protocol article	protocol	18/07 /2020	21/07 /2020	Yes	No
Participant information sheet	Participant information sheet	11/11 /2025	11/11 /2025	No	Yes