

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

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

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 Andalusia, 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 Andalucía (Spain)

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

Contact information

Type(s)
Public

Contact name
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Additional identifiers

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 Rocío (c/o Carlos García Pérez, University Hospitals Virgen Macarena-Virgen del Rocío, Seville, Spain; +34 (0)600 16 24 58; administracion.eecc.hvm.sspa@juntadeandalucia.es), ref: Code1936-N-19

Primary study design

Interventional

Study design

Interventional multicentre cluster randomized clinical trial

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 Andalucía

Organisation

University of Seville

ROR

<https://ror.org/03yxnp24>

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

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