

University of Groningen

Women's perceptions, knowledge and breastfeeding decision-making

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In-depth interview guides

Prepartum interview

1. Introduction

How are you doing, how is your pregnancy

2. Pregnancy and preparing for delivery

How is your health (physically, mentally) (to be cont. at no.12)

How do you perceive the midwives' services

How do you prepare for delivery (information, classes)

Is this baby your partner's first child as well?

Where do you plan to give birth (at home, in clinic/hospital, other)

Have you arranged maternity care (maternity care organisation, private care, other)

Have you had any antenatal screenings

Do you know whether it will be a boy or a girl

Do you like to arrange things in detail, or are you coping well with sudden events

3. The intention to breastfeed

You told your midwife that you intend to breastfeed. Can you explain why

Can you explain in more detail

Why do you feel like that

Did you gather information about it, what kind of information (to be cont. at no. 6)

Do you understand women who intend to feed formula

What could be their reasons to do so

4. The moment of the decision

When did you know you want to breastfeed

Did you ever change your mind or had doubts in the course of your pregnancy

5. Social influences

What do people in your social environment think about breastfeeding (partner, relatives, friends, neighbours, colleagues)

Who knows about your intention

With whom did you talk about your intention

How did they respond

What do you think of the way breastfeeding is addressed in the media

6. Experiences of others in the social environment

Do you know anyone in your environment who just had a baby or not so long ago

Do you know how this baby is being fed

What do you think about that

7. Knowledge and information

What do you know about breastfeeding

Do you know what you yourself will have to do to practise breastfeeding

Did you gather information about breastfeeding

What kind of information, from where (education material, classes)

What do you think about breastfeeding classes

Did you get enough information

Are you going to get more (what kind, how)

8. Support

Will anybody assist you in breastfeeding

What support do you expect from health care professionals

What support do you expect from others (relatives, friends, others)

9. Breastfeeding duration

Do you know for how long you intend to breastfeed

What breastfeeding duration is comfortable in your opinion

10. Work

- Do you work outside the house or at home
- What is your position
- What education or training did you have
- How many hours do you work
- Are you entitled to maternity leave
- Will you return to work after having your baby
- Does your partner work outside the house or at home
- What is your partner's position, education
- Have you started to think about arranging childcare, or are you going to
- How do you perceive your workload (physically, mentally)
- Did you discuss breastfeeding with your employer or colleagues
- Did you discuss expressing milk with your employer or colleagues
- Do you know whether you will be able to express milk at work (time, location)

11. Breastfeeding in the past

- Were you breastfed yourself as a baby
- Was your partner breastfed as a baby
- Do you know how breastfeeding was addressed in your family when you were a child
- Do you have brothers or sisters and were they breastfed at the time
- What do you know about that
- Did your mother work when you were a baby

12. Family and socialisation

- Are your parents still alive
- Do your parents or in-laws have any grandchildren already
- Where have you been born and where did you grow up
- What about your parents
- Your partner
- Are you or your partner religious
- If so, does that influence your way of life
- Were there any significant events in your family

13. Health

How is your health (physically, mentally) (see also no. 1)

Are there any genetic disorders or allergies among your or your partner's relatives

Is anybody smoking in or outside your house

Are you taking any medication

What do you think about your diet

Are you taking alcoholic drinks

Are you taking drugs

14. Self-efficacy and the need for control

How do you cope with insecurity

Do you like being in control and arranging things on your own

How do you respond to stress

Can you accept help easily

How do you respond when things don't work out the way you expected

Do you usually succeed the way you want to

15. Breastfeeding with others or in public

What do you think about breastfeeding when there are other people present (in public, in restaurants, among visitors at home)

How do you feel when you see a woman who is breastfeeding

How do you think you will deal with it yourself

16. Summary and main reason

At the start of the interview you explained your reasons to intend breastfeeding.

What is the main reason

Whom in your environment were most important in your decision

Which circumstances were most important in your decision

Are there any other things we did not discuss

17. Concluding remarks

Thank you very much for having this first interview
Where would you like to meet for the second interview (midwife clinic, at home, other)
I wish you all the best having your delivery

Postpartum interview

Introduction

Congratulations with the birth of your son/daughter. How are you and your child doing

1. Delivery and the first contact

How did you perceive giving birth to your child
Where did you give birth, was that how you had intended it
Who were at the delivery (professionals, relatives)
Were there any specific circumstances or complications
How was the first contact with your child
What was the first feeding of your child
What can you tell about the first time latching on
Was there any assistance while first latching on and after
When was hospital discharge (in case of clinical delivery)
Who were at home when you arrived at home (maternity assistant, relatives)

2. The first period (day 1 until day 8-10)

What can you tell about the feeding during the first few days and nights
How did you perceive the onset of milk production
Did you have maternity assistant services or other support (how many days, hours)
Was your husband or partner at home the first few days

3. The first period and at 4-6 weeks

What can you tell about the feeding (daytime, at night)
How was the latching on
Which postures did you have while feeding
How did you perceive your milk production
How did you perceive your infant's crying
Did your baby have stomach pain or any other pains
Did you notice how your child responded to the feeding
How did you perceive your baby's weight loss and growth
Did you use any scales
Did your baby have a pacifier (thumb)
Did you wake up your baby sometimes for feeding
Did you have visitors the first few days and after
Did you sleep or rest enough
How did you feel physically and mentally

4. At 4-6 weeks

What can you tell about the feeding now at 4-6 weeks
Do you feed on demand or according to a schedule
Do you get any support or assistance from others now
If having any, how do you respond to having visitors
How do you now perceive feeding when others are present
Did you hear anything from your work place (employer, colleagues)
How do you anticipate returning to work
Did you practise expressing milk
Did the midwife (or other professional) visit you at 4-6 weeks
Did you and the midwife discuss birth control
Did you attend the baby clinic
Did you discuss your infant's feeding at the baby clinic
Did they give you any specific advice

5. Knowledge and information (see also prepartum interview guide)

What do you know now about breastfeeding

What do you know now about what you need to do yourself to practise breastfeeding

Are you in doubt what to do sometimes

What do you do then

What kind of information is most useful in your opinion

Are you going to get more information

6. Sociale influence and support (see also prepartum interview guide)

How did you generally perceive the support or assistance (professionals, others)

Did anybody express his or her opinion on the way you are feeding your child

Which persons did you rely on most

Which persons have (had) the most influence on the way you are feeding now

7. Self-efficacy and roles (see also prepartum interview guide)

How do you perceive breastfeeding now

Did you react the way you had expected

Did you make a decision yourself at a certain moment

Did anybody help you in your decision-making

Are you satisfied concerning the way you are feeding now

How do you feel about how you manage

How do you perceive your different roles now (mother, woman, work, social life)

Did anything change in the way you perceive your own breasts

8. Intention in retrospect (see also prepartum interview guide)

How do you look back on the prepartum period

How do you look back on your intentions

Is there anything you know now which you didn't know before

How do you feel about that

What would be your advice to other new mothers now

9. Summary and main reason

In the first interview you indicated that the main reason to intend to breastfeed was:

What do you think about that now

What was (has been) most influential on the way you are feeding now in your opinion

What are your expectations concerning feeding in the near future (weeks, months)

What is the most important reason for women to stop or continue breastfeeding in the first month after delivery

Concluding remarks

Is there anything you like to add to this interview

Thank you very much for your participation