

## **APPENDIX**

### **Questionnaire**

Factors Affecting Breastfeeding in the First 6 months:

A case study of Bangkok's New Mothers

Dear Participants,

This survey questionnaire will be implemented by Mrs. Chatrudee Sukhachati Kopitz for the purpose of an independent study for the Master of Arts, English for Career program of the Language Institute of Thammasat University. To accomplish this study, the researcher would like to ask for your cooperation and support in completing the questionnaire. All information received from this survey will be kept confidential and will be used for academic purposes only.

The main objective of this study is to discover what is the factors affecting 6 months breastfeeding in new mothers. The questionnaire is divided into three parts. The first part is internal factors of the participants, the second part is psychological factors and the third part is external factors.

If you have any questions regarding the questionnaire, please feel free to contact the researcher at anytime under [fun@kopitz.net](mailto:fun@kopitz.net) .

Thank you for your time and participation.

Best regards,

Chatrudee Sukhachati Kopitz

## Part 1: Internal Factors

### 1.1) Age

- Below 30 years                       30-40 years  
 Above 40 years

### 1.2) Income

- Under THB 10,000                       THB 10,000-20,000  
 THB 20,001-30,000                       THB 30,001-50,000  
 Over THB 50,000

### 1.3) Education

- Lower than Bachelor's degree     Bachelor's degree  
 Master degree                               Higher than Master degree

### 1.4) Occupation

- Government Employee                       Own business  
 Company Employee                       Student  
 Other, specify.....

### 1.5) Desire to breastfeed for the first 6 months

- Most Desire                                       Average Desire  
 Least Desire

## Part 2 : Psychology Factors

Please mark  $\surd$  for the chosen answer, by which 1= strongly disagree, 2= disagree, 3= neither agree nor disagree, 4= agree, 5= strongly agree

Description	1	2	3	4	5
<b>1.5 Pain from Cesarean Sections</b>					
1.5.1 You have suffered from cesarean sections for more than 1 month					

1.5.2 You don't want to breastfeed because of cesarean pain					
1.5.3 You think that cesarean pain causes your body to be not suitable for breastfeeding					
1.5.4 Because of cesarean section, you think that you may breastfeed not longer than 6 months.					
<b>1.6 Sore Nipples</b>					
1.6.1 You have a bad experience about sore nipples					
1.6.2 Your nipples are sore and bleed					
1.6.3 You think that there are many other ways to feed your baby, such as using the breast pump instead of breastfeeding directly.					
1.6.4 Because of sore nipple, you think that you may breastfeed not longer than 6 months					
<b>1.7 Diseases</b>					
1.7.1 You have a disease (such as HIV or breast cancer) that affect your breastfeeding					
1.7.2 You worry that your diseases will transfer to your baby through breastfeeding					

### Part 3 : External Factors

Please mark √ for the chosen answer, by which 1= strongly disagree, 2= disagree, 3= neither agree nor disagree, 4= agree, 5= strongly agree

Description	1	2	3	4	5
<b>1.8 Hospital/Nurse support</b>					
1.8.1 The hospital gave you proper information about breastfeeding					
1.8.2 The hospital staff are well-trained for how to breastfeed					
1.8.3 The hospital has full-time nurses to consult with about breastfeeding problems					
1.8.4 The hospital gave you free formula samples to take home					
<b>1.9 Social support</b>					
1.9.1 Working laws support your breastfeeding					
1.9.2 When out in the community, the venues in your local area are breastfeeding friendly					
1.9.3 People think that breastfeeding is good and they supported your action					
1.9.4 Your workplace provided lactation breaks during					

the work day					
1.9.5 The products supporting breastfeeding such as breast pump machine, nursing bras and nursing shirt, etc. are easy to get at a reasonable price					
1.10 Family support					
1.10.1 Your family supports 6 months breastfeeding					
1.10.2 Your family have enough knowledge about breastfeeding and its benefit					
1.10.3 No one disturbs you during nursing					
1.10.4 Your family suggest you to take a break by feeding baby with formula					
1.10.5 Your family suggest/provide you the proper nutrition for the quality of milk production					
1.11 Promotion of milk brands					
1.11.1 You think that 'cow milk' is another option					
1.11.2 You are interested in milk brand promotions such as buy one get one, free samples or discounts					
1.11.3 You believe that whatever the milk consumed, it leads to the same results					
1.11.4 You think that milk brands are more convenient in your daily life					
1.11.5 You think that only breastfeeding is not enough nutrition for baby					

**\*\* Thank you for your cooperation \*\***