



ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่  
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## APPENDIX A

### Research Questionnaire

#### Personal data profile

**Instructions:** please fill in the blanks and check (✓) your appropriate responses by answering the questions.

1. Age ..... Years
2. Educational qualification/level
  - No education
  - Secondary
  - Bachelors
  - Primary
  - High School
3. Occupation .....
4. Family income in Nepalese rupees
  - Less than 20,000
  - Less than 50, 000
  - Less than 40,000
  - More than 50,000



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**Question for breastfeeding practice at six weeks**

**Question 1:** Have you ever breastfeed your infant?

1.1 If the response is “No”, this means she is “No breastfeeding” group

1.2 If the response is “Yes”, then the item will continue with

Are you still being breastfeeding?

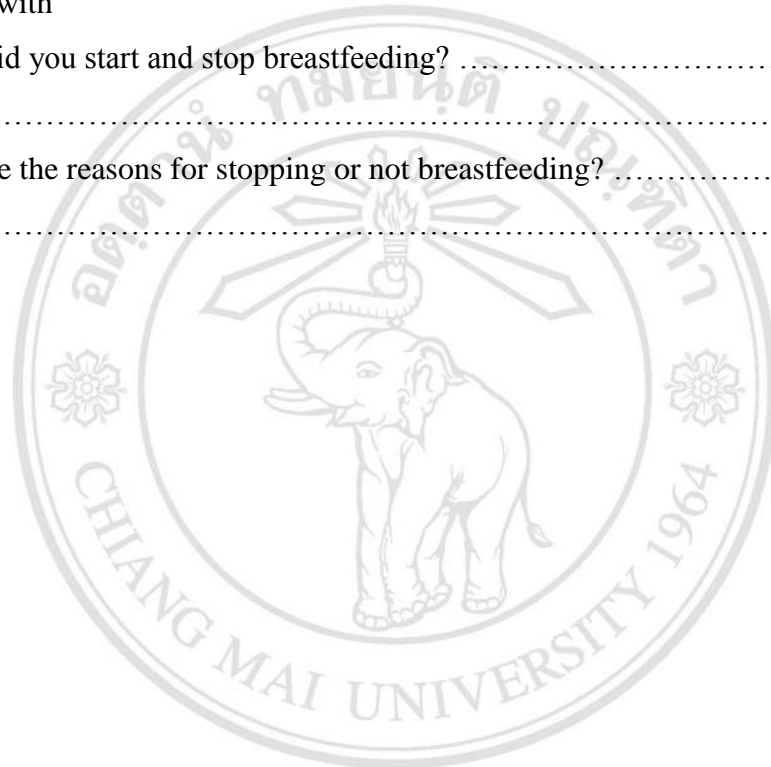
1) If the response is “No”, this means she is “No breastfeeding” group. Then the item will continue with

a) When did you start and stop breastfeeding? .....

.....

b) What are the reasons for stopping or not breastfeeding? .....

.....



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### Breastfeeding Self-Efficacy Scale – Short Form

**Instructions:** For each of the following statements, please choose the answer that best describes how confident you are with breastfeeding your new baby. Please mark your answer by circling the number that is closest to how you feel. There is no right or wrong answer.

- 1 = not at all confident
- 2 = not very confident
- 3 = sometimes confident
- 4 = confident
- 5 = very confident

1	I can always determine that my baby is getting enough milk	1	2	3	4	5
2	I can always successfully cope with breastfeeding like I have with other challenging tasks	1	2	3	4	5
3	I can always breastfeed my baby without using formula as a supplement	1	2	3	4	5
4	I can always ensure that my baby is properly latched on for the whole feeding	1	2	3	4	5

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## APPENDIX B

### Permission Letter to Use Instrument

Dear Ambika,

Thank you for your email and interest in my Breastfeeding Self-Efficacy Scale. I have attached the English short-form. You have my permission to translated the scale into Nepalese but I must review the back translated version to ensure sematic equivalence. I must also receive the final version of the translated scale. If you agree to these terms then you have my permission to use my scale. I look forward to hearing from you. Your study sound very interesting.

Warm regards,

Cindy-Lee Dennis

Cindy-Lee Dennis, PhD

Professor in Nursing and Medicine, Dept. of Psychiatry;

Canada Research Chair in Perinatal Community Health;

Shirley Brown Chair in Women's Mental Health Research, Women's College Research Institute;

University of Toronto

155 College St

Toronto, Ontario

Canada M5T 1P8

Tel: (416) 946-8608

[www.cindyleedennis.ca](http://www.cindyleedennis.ca)

### **Breastfeeding Self-Efficacy Scale –Short Form**

The Breastfeeding Self-Efficacy Scale – Short Form (BSES-SF) is under the copy right of Dr. Cindy-Lee Dennis (2003). Permission to use the BSES-SF must be obtained in writing or via email prior to use. There is no charge for this use. However, the requester must agree to forward a copy of all research to the developer following any investigation.

Email or mail all correspondence to:

Dr. Cindy-Lee Dennis 86

University of Toronto

Lawrence S. Bloomberg Faculty of Nursing

155 College Street

Toronto, Ontario, Canada

M5T 1P8

[Cindylee.dennis@utoronto.ca](mailto:Cindylee.dennis@utoronto.ca)



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## APPENDIX C

### Ethical Approval from the Research Ethics Review Committee, the Faculty of Nursing, Chiang Mai University, Thailand



#### Certificate of Approval

No. 052/2015

<b>Name of Ethics Committee :</b> Ethics Committee, Faculty of Nursing, Chiang Mai University <b>Address of Ethics Committee :</b> 110 Inthawaroros road., SriPhum, Chiang Mai 50200	
<b>Principal Investigator :</b> Miss Ambika Rai Master of Nursing Science Program (Internatioanl Program) Faculty of Nursing Chiang Mai University	
<b>Protocol title :</b> Breastfeeding Practice and Self-efficacy Among the First time Nepalese Adolescent Mothers <b>STUDY CODE :</b> EXP – 039 – 2558 <b>Sponsor :</b> -	
Documents filed	Document reference
Research protocol	- Version date April 30, 2015
Informed consent documents /Patient information sheet	- Version date April 30, 2015
Case Record Form	- Version date April 30, 2015
Principal Investigator Curriculum vitae	- Version date April 30, 2015

Opinion of the Ethics Committee/Institutional Review Board : Expedited Review  The Ethics Committee has reviewed the protocol and documents above and give the favorable opinion  <b>Date of Approval :</b> April 30, 2015 <b>Expiration Date :</b> April 29, 2016
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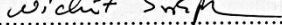
**Progress report is required to be submitted to the Ethics Committee for continuing review**

at 3 month interval

at 6 month interval


annually (in this case please submit at least 60 days prior to expiration date)

This Ethics Committee is organized and operates according to GCPs and relevant international ethical guidelines, the applicable laws and regulations.

Signed :  .....

(Professor Emerita Dr. Wichit Srisuphan)

Chairperson, Faculty of Nursing, Chiang Mai University

Signed :  .....

(Professor Dr. Wipada Kunaviktikul)

Dean, Faculty of Nursing, Chiang Mai University

**GENERAL CONDITION OF APPROVAL:**

- Prior Research Ethics Committee approval is required before implementing any changes in the consent documents or protocol unless those changes are required urgently for the safety of subjects.
- Any event or new information that may affect the benefit/risk ratio of the study must be reported to the REC promptly.
- Any protocol deviation/violation must be reported to the REC.



## APPENDIX D

### Permission from Paropakar Maternity and Women's Hospital



Government of Nepal  
Ministry of Health and Population  
Paropakar Maternity and Women's Hospital  
Development Board

Phone No.  
Director : 4260405  
Office : 4260231  
Recp. : 4253276

P.O. Box: 5307  
Thapathali, Kathmandu

Ref. No.:

Date: .....

12th July, 2015

#### To Whom It May Concern

This is to verify Miss Ambika Rai, 2nd year student of Master of Science (international program) Maternal and Child Nursing at Chiang Mai University, Thailand has completed her one and half months period of data collection from May 21<sup>st</sup> to July 6<sup>th</sup>, 2015 for her thesis entitled "Breastfeeding Practice and Self-Efficacy Among First Time Nepalese Adolescent mothers".

She carried out pilot testing of research instruments on 20 adolescent mothers in the first two weeks for instrument reliability. Upon confirmation of instrument reliability, further data was collected over the next 6 weeks from 120 adolescent mothers visiting the hospital.

I found her to be sincere, professional, work oriented, and enthusiastic person. I believe she had learned some new things from us, which she would be able to apply at her work in the future.

Miss Ambika Rai has a pleasant personality and will have no problem in her work, once published will be an invaluable tool to the health professional and planners working in this field. I am happy to have her for months.

Our organization wishes her the very best for her future endeavors.

For any queries please do not hesitate to contact

Sincerely,

Dr Karishma Malla Yajidya

Consultant Pathologist

Member Secretary

Research Committee

Paropakar Maternity and Women's Hospital

01-4253267

Email: rupkari@yahoo.com

## APPENDIX E

### Information Sheet for Nurses or Volunteers

**Research Title:** Breastfeeding Practice and Self-efficacy Among the First-time Nepalese adolescent mothers

**Researcher:** Ambika Rai

**Contact Address:** Chiang Mai University Faculty of Nursing  
110 Intavaroros Road, Chiang Mai 50200, Thailand.

**Telephone number:** +88 - 017-931419263  
Email: ambica533@gmail.com

Dear Participant,

I, Ambika Rai, a master student at the Faculty of Nursing, Chiang Mai University, Thailand. I am conducting a study entitled "Breastfeeding Practice and Self-efficacy Among the First-time Nepalese Adolescent Mothers". This study will fulfill my thesis study requirements for my degree. The study has the following objectives:

1. To describe breastfeeding practice at six weeks postpartum among first-time Nepalese adolescent mothers.
2. To compare self-efficacy among the first-time Nepalese adolescent mothers who give different types of breastfeeding.

You are invited to be a participant in this study because you have qualities and characteristics needed for this study. Please read this information sheet carefully to make sure that you understand this study and what you will be asked to do. If you have any questions regarding this study or if you wish to consult with someone regarding this study, you are most welcome to do so. Once you understand this study, and if you agree to take part, you will be asked to sign this form in front of study staff and if necessary an impartial witness. We will offer you a copy of this form to keep. If those mothers who are under 18 years old needed consent of their parents or their legal representatives.

### **Study Purpose**

The study is being conducted to gather the information necessary to see if the person self-efficacy improves the breastfeeding practice among first-time adolescent mothers. The information from this study may be used to help adolescent mothers to improve their breastfeeding practice by improving their self-efficacy.

### **Study Participants**

This study is for first-time adolescent mothers at six to eight week of postpartum aged under 20 years. There will be total of 110 participants in the study. We plan to enroll participants from Well Baby Clinic in Paropakar Maternity and Women's hospital, Kathmandu, Nepal.

### **Study Procedures**

If you agree to take part in the study and if you are found to be eligible for the study, then you may begin today. Some people may not be able to join the study because they do not meet all of the requirements.

All participants will be asked to complete 3 set questionnaires. These questionnaires will take about 30 minutes to complete. Although, we hope that you will be comfortable answering all of the questions openly and honestly. Please, remember that you may refuse to answer any of the questions, or stop taking part in the study completely, at any time. You may also request a break during any of the activities.

### **Risk and/or discomforts**

There will be totally no risk from participation in the study.

### **Study Benefits**

This study is part of a thesis study requirement for my degree. There may be no direct benefit to you from this study. However, the knowledge gained from this study may be helpful in providing basic information about other adolescent mothers' impact on breastfeeding practice from self-efficacy.

### **Protecting Data Confidentiality**

Any publication of this study will not use your name or identity you personally. However, your records may be reviewed by the Chiang Mai University Faculty of Nursing Research Ethics Committee, and study staff. Your personal information may also be disclosed if required by law.

### **Costs of Taking Part in the Study**

There is no cost to you for taking part in this study.

### **Payment**

You will not receive payment for taking part in this study.

### **Participant Rights**

Taking part in this study is complete to you. You have the right to take part in the study if you choose to, or to refuse to take part at all. If you agree to a take part in this study, you have the right to withdraw from the study at any time. If you decide to leave the study, your right to medical or other services will not be affected.

You have the legal right to access your personal information collected by the study. If you should wish to access the information, please let me know and you will be provided the information according to the rules and regulations of Chiang Mai University.

### **Who Do You Call if You Have Questions or Problems?**

For questions about this study or research related injury, you can contact:  
Ambika Rai, Principal Investigator  
Chiang Mai University Faculty of Nursing  
110 Intavaroros Road, Chiang Mai 50200  
Tel: 017-931419263 (24 hours access)

Or

Dr. Pushpa Chaudhary, Hospital Director  
Paropakar Maternity and Women's Hospital  
Thapathali, Kathmandu, Nepal

Tel: +977-01- 4253276, 4253277 (Office Hour)

Or

Assoc. Prof. Dr Susanha Yimyam, Thesis Advisor

Chiang Mai University Faculty of Nursing

110 Intavaroros Road. Chiang Mai 50200

Tel: +66-53-949034 (Office hour)

If you would like the information related to your right as a study participant, you can contact:

Research Ethics Committee

Chiang Mai University Faculty of Nursing

Tel: (Office Hours) 0-5394-6080

Fax:0-5389-4170

The logo of Chiang Mai University is a circular emblem. It features a central elephant standing on its hind legs, holding a torch aloft in its trunk. The elephant is surrounded by a sunburst pattern. The emblem is enclosed in a circular border with the text 'CHIANG MAI UNIVERSITY 1964' at the bottom and Thai script at the top. The text 'มหาวิทยาลัยเชียงใหม่' is written in Thai script above the elephant.

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## Study Participants Informed Consent

I/ My (in case of mother who are under 18 years old her parent or legal representative supposed to fill this consent form), ....., voluntarily consent to taking part in the research study entitled "Breastfeeding Practice and Self-efficacy Among the First-time Nepalese Adolescent Mothers" developed by Miss Ambika Rai.

Prior to signing this informed consent, I have read (or had read to me) the information sheet for participants during the study and have received a detailed explanation of the objectives, risks, and benefits of the study. I understand the information thoroughly. I/ My..... was given the chance to ask questions and study staffs answered all questions to my satisfaction. I have taken enough time to understand the information on the study participant information and was given enough time to decide whether I/ My..... want to take part in this study.

I/My..... have the right to withdraw from the study any time and I/ My..... Am/is taking part in voluntarily. If I decide to leave the study, my rights to medical or other services will not be affected.

I sign this Informed Consent voluntarily to show my intent to take (my.....) part in this study and understand that I will be offered a copy of this consent to keep. By signing this document I am not giving up any of my/ her legal rights.

Participant's signature .....

Printed Name ( )

D/M/Y.....

Participant parent's or legal representative's signature .....

Printed Name ( )

D/M/Y.....

Researcher's signature.....

Printed Name ( )

D/M/Y.....

Witness's signature.....

Printed Name ( )

D/M/Y.....



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## CURRICULUM VITAE

**Name** Miss Ambika Rai

**Date of Birth** 26/08/1981

### **Educational Background**

2007 Post-Bachelor Nursing  
Om Health Campus, Kathmandu, Nepal

### **Professional Experiences**

Dec 2008-August 2013 PCL Nursing Tutor  
G.P Nursing College, Baluwatar,  
Kathmandu, Nepal

Oct 2008-Dec 2008 Matron  
ANPC Community Hospital, Nayabazar,  
Kathmandu

Dec 2007-Dec 2008 PCL Nursing Tutor  
Seti Mahakali Nursing Campus,  
Kanchanpur, Nepal

Sept 2003-Sept 2005 Staff Nurse (PCL)  
BP Koirala Institute of Health Sciences,  
Dharan, Nepal

