

Maternal perception vs actual breast milk supply: is there a difference?

ACTRN12625000180415

Status	RECRUITING
Sponsor	University of Otago
Enrollment	120 participants

Plain Language Summary

Breastfeeding is one of the best things a mother can do for her baby, but many mothers stop earlier than they'd like because they worry they're not producing enough milk. Interestingly, this 'perceived insufficient milk supply' is often a feeling rather than a medical fact — and we don't fully know how often mothers who feel this way actually do have low supply.

This study in Dunedin, New Zealand, is comparing how much breast milk mothers actually produce with how much they think they produce in babies around 3 months old. It will also analyse the nutritional content of their milk. By understanding this gap between perception and reality, researchers hope to give health professionals better tools to support mothers who want to breastfeed for longer.

You may be eligible if you are a breastfeeding mother aged 16 or older, live within 30 km of Dunedin, have a baby aged 2 to 4 months, and have been exclusively breastfeeding for at least 2 weeks. Mothers tandem-feeding or feeding multiples (twins etc.) are not eligible, nor are those who cannot communicate in English.

Key Eligibility Criteria

Inclusion (6)

- Lactating mothers who:
 - Are 16 years of age or older.
 - Live in Dunedin, New Zealand (within a 30 km radius).
 - Have an infant aged 2.0-3.99 months, at the time of participation.
 - Are fully breastfeeding (breast milk only) for 2 weeks prior to recruitment.
- ... and 1 more (see full listing online)

Exclusion (2)

- Mother is not able to communicate in English.
- Mother is tandem breastfeeding (simultaneously breastfeeding another child) or breastfeeding multiples (twins or higher order multiples).

Locations (1 total)

Otago, New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000180415>

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