

Supplementary File S1: Questionnaire

Supplementary File S1 contains the full questionnaire used for data collection.

Instructions:

Please answer each question below by selecting the option that best fits your needs using the following rating scale:

Rating Scale:

1 = Strongly Disagree (SD)

2 = Disagree (D)

3 = Agree (A)

4 = Strongly Agree (SA)

Part 1: The Role of Midwives in Breastfeeding Support

No	Statement	Answers			
		SA	A	D	SD
1.	The midwife provided clear information about the benefits of exclusive breastfeeding.				
2.	The midwife helped me understand proper latching techniques.				
3.	The midwife provided emotional support when I felt anxious about breastfeeding.				
4.	The midwife provided an opportunity to ask questions and discuss breastfeeding.				
5.	The midwife used language that was easy to understand.				

Part 2: Psychoeducation with a Mind-Body-Approach

No	Statement	Answers			
		SA	A	D	SD
1.	I received education that made me calmer and more confident about breastfeeding.				
2.	The relaxation/breathing exercises provided by the midwife helped reduce my stress.				
3.	I feel more able to control negative thoughts related to breastfeeding.				
4.	I am more focused on my body while breastfeeding.				
5.	The postpartum psychoeducation app used by the midwife is easy to understand and follow.				

Part 3: Breastfeeding Self-Efficacy

No	Statement	Answers			
		SA	S	SA	STS
1.	I am confident in my ability to breastfeed my baby without help.				
2.	I am confident in my ability to breastfeed even if my baby is fussy or cries frequently.				
3.	I am confident in my ability to breastfeed and overcome any pain or discomfort at the breast.				
4.	I am confident in my ability to breastfeed even if I am tired or not getting enough rest.				
5.	I am confident that my breast milk is sufficient to meet my baby's needs.				
6.	I am confident in my ability to overcome breastfeeding problems with the guidance of a midwife.				
7.	I am confident in my ability to breastfeed my baby on demand.				
8.	I am confident in my ability to breastfeed my baby exclusively for 6 months.				
9.	I am confident in my ability to find a comfortable breastfeeding position for both me and my baby.				
10.	I am confident in my ability to continue breastfeeding despite pressure from others to formula feed.				