

Smartphone-based maternal education directed at complementary feeding versus treatment as usual among malnourished children below 3 years of age in food-secure contexts: Randomized controlled trial in Urmia, Iran

Supplement file A. Study questionnaire.

STUDY QUESTIONNAIRE
NUTRITIONAL HEALTH LITERACY SURVEY INSTRUMENT

SECTION 1- SOCIO- DEMOGRAPHICS

1- Mother birth date: 13 --- / --- / ---

2- Highest level of education:

- Elementary school Middle school Diploma Academic

3- Mother occupation:

- House wife Employed at home Employed out of home

4- Parents house ownership status:

- Own home Leased home

5- Car ownership status:

- Has Has not

6- Number of the rooms:

- Less than 2 2 or 3 More than three

7- Residency:

- Village City margin City

8- Age of the children sequentially:

1. ----- 2. ----- 3. -----

9- Malnourished child birth date: 13--- / --- / ---

10- Number of the children: -----

11- Child sex:

- Girl Boy

SECTION 2- QUESTIONS for MOTHERS KNOWLEDGE

	Questions	Yes	No
1	Breast milk is more easily digested than formula		
2	Breastfeeding does not affect in decreasing post-pregnancy body weight		
3	Breastfeeding is helpful in achieving mother's pre-pregnancy womb size faster		
4	Mother milk and formula milk health benefits are the same		
5	Mother milk has all the essential nutrients for Newborn babies		
6	Colostrum does not contain all the essential antibodies to help the child's immune system		
7	The best time to start breastfeeding is within one hour of delivery		
8	Exclusive breastfeeding to infants in the first 6 month of life is essential		
9	The water used to quench the child's thirst in less than 6 month of age, should be boiled		
10	The child under the age of six months, needs breastfeeding every three hours		
11	Breastfeeding to child under 6 month of age is done when the child is crying		
12	Breastfeeding promote mother- baby bonding		
13	Mother who practiced breastfeeding has a low risk of getting breast cancer		
14	Not all mothers can have sufficient and nutrient milk		
15	Breastfeeding should not be continued despite the nipple scarring		
16	Mothers do not eat enough, could not produce enough milk		

17	Only children aged 3 to 9 months should receive iron supplementation		
18	The use of iron drop causes blackening of the teeth in infants		
19	Lentils and beans provide needed iron for infants		
20	At 9-11 months, if your baby does not use breast milk, should give him 1 to 2 additional meals a day		
21	In the first six months of life, the most nutritional needs of the infant are provided from supplementary food		
22	From 1 to 2 years old, breastfeeding should be limited to the child		
23	From 1 to 2 years old, the child should have three to four food meals a day		
24	From 1 to 2 years old, a variety of sweet drinks can also be used for the baby		
25	From the age of 2 to 3, four meals a day should be given to the baby.		
26	From the age of 2 to 3, a snack should be given twice a day between the main meals		
27	Canned food can be used to prepare baby food.		
28	It is necessary to refrain from giving honey to the infant		
29	Avoid giving cow milk until the age of three.		
30	It is better to use non-pasteurized dairy products (such as yogurt and cheese) to feed the baby.		

SECTION 3- QUESTIONS for MOTHERS ATTITUDE

	Questions	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
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1	Benefits of breastfeeding are limited for a specific period.					
2	Bottles are the best option for feeding children with formula milk.					
3	Mothers with smaller breast size cannot produce enough milk					
4	Formula-fed babies are more likely to gain weight quickly than breast-fed infants.					
5	Formula-fed babies are healthier than formula-fed infants.					
6	Breast milk is the ideal food for babies in the first 6 month of life.					
7	Breastfeeding is more acceptable than formula feeding.					
8	Breastfeeding can strengthen the correlation between mother and infant.					
9	If the mother intends to come back her work, formula feeding is better choice.					
10	Mothers who formula-fed their children will lose their mother-child bonding experiences					
11	Mothers who breastfeed babies, fathers will feel isolated.					
12	If there is enough meat in the diet, use of iron supplementation is not important					
13	A 6-12 month old baby can use pasteurized milk					
14	By starting other food meals, child doesn't need breastfeeding any more.					
15	The child should only use solid food after teeth has started developing.					

16	homemade foods are better than Packaged foods					
16	Packaged foods are nutritious than homemade foods					
17	Infants should eat from meals prepared for the household only at scheduled times.					
18	It is not requisite to wash hands before feeding a child.					

SECTION 4- QUESTIONS for MOTHERS PRACTICE

Relating to cares for 3 to 5 days until the end of six months

1- Is the infant repeatedly breastfed at least 8 times a day, according to his demand?

Yes No

2- If he does not wake up, you will wake him up after three hours?

Yes No

3- Do you breastfeed the infant at nights?

Yes No

4- Does breastfeeding continue until complete breast discharge and abandonment by the infant?



Yes No

5- Do you give your baby a pacifier?

Yes No

6- Do you give any food or fluid other than breast milk to the infant?

Yes No

 **Relating to cares for the end of 6 months until the end of 8 months** 

7- Do you prepare your baby food at a suitable density?

Yes No

8- Have thickened nymphs and perfectly softened foods that fit the age and nutrient status of child containing a variety of food groups (especially animal protein sources such as meat (sheep and chicken) , fruits and vegetables rich in vitamin A and vitamin C) given to your child?

Yes No

9- Do you also give fluids?

Yes No

10- When did you stop breastfeeding / or will you? -----month of age

11- Have you started the supplementary food?

Yes, please continue the questions

No, please refer to question 24

12- When did you introduce a supplement to your child?

13- When did you introduce your child to the following table?

Food item	Child Age					
	< 3 month	3- 5 months	6 months	6 months-1 year	After 1 year	Not introduced
Cereals (Rice, bread...)						
sweet potatoes and nymphs						
Fruits						
Vegetables						
Eggs						
Fish/ Meat						
Skimmed/ low fat milk						
Cow milk						
Tea, sweets, chocolates						

14- How often do you feed your child?

- I. 6 to 8 months : A) < 2 times B) 2 to 3 times C) 3 to 5 times D) >5 times
 II. 9 to 12 months : A) <3 times B) 3 to 4 times C) 4 to 6 times D) >6 times
 III. > 12 months : A) <3 times B) 3 to 4 times C) 4 to 6 times D) >6 times

15- Which food group you gave your child the day or the last night (please mark)?

Food	
Rice, bread, pasta, maize, Soft and watery feed	<input type="checkbox"/>
sweet potatoes and nymphs	<input type="checkbox"/>
Banana, oranges, mango, pineapple, water-melon	<input type="checkbox"/>
Tomato, onion, green pepper	<input type="checkbox"/>
Fish, meat, birds meat	<input type="checkbox"/>
Milk, cheese, yogurt, eggs	<input type="checkbox"/>
Cerelac, or other ready foods	<input type="checkbox"/>

Breast milk	<input type="checkbox"/>
Fruit juice, flavored water	<input type="checkbox"/>
Tea, coffee	<input type="checkbox"/>

16- Do you add salt to your baby's food? Yes No

17- By which of the following do you feed your baby?

A) Feeding bottle B) Bowl and spoon C) hand feeding

18- Do you wash your hands before feeding your child? Yes No

19- Do you wash and sterilize baby food containers after use? Yes No

20- How do you feed the sick child when has lost appetite?

A) slowly and patiently B) By favorite foods C) Forcefully

21- Why haven't introduced complementary feeding?

A) The child does not have the necessary age

B) Breast milk alone is enough

C) Insufficient fund D) Other items.....