

Table 1. Comparison of demographic variables between the experimental and control groups (each group=37 subjects; numbers in parenthesis are percentages)

Variables	Experimental group	Control group	P value
Age of mother, year			
>20	2 (5.4)	6 (16.2)	0.225
20-30	26 (70.3)	20 (54.1)	
<30	9 (24.3)	11 (29.7)	
Number of breast-feeding sessions in a day			
>5 times	3 (8.1)	0	0.154
10-5 times	18 (48.6)	23 (62.2)	
<10 times	16 (43.2)	14 (37.8)	
Duration of a breastfeeding session, min			
>10	22 (59.5)	28 (75.7)	0.178
10-20	13 (35.1)	9 (24.3)	
20	2 (5.4)	0	
Type of delivery			
Natural childbirth	1 (2.7)	1 (2.7)	0.967
Cesarean section	26 (70.3)	25 (67.6)	
Natural+epi	10 (27.0)	11 (29.7)	
Breastfeeding at birth			
Yes	30 (81.1)	30 (81.1)	1.00
No	7 (18.9)	7 (18.9)	

Table 2. Comparison of the mean scores of breastfeeding evaluation and its different dimensions in the control and experimental groups before and after training

Dimensions of breastfeeding evaluation	Before training		Tenth day after the training		Fifteenth day after training	
	Experimental group	Control group	Experimental group	Control group	Experimental group	Control group
Position						
Average score	1.10±0.45	0.94±0.62	0.37±1.83	1.64±0.48	2.00±0.01	1.89±0.30
Statistical test results	t=1.248; p=0.205		t=1.882; p=0.640		t=1.949; p=0.560	
Connection of the infant to mother						
Average score	1.02±0.64	0.89±0.51	1.62±0.49	1.59±0.49	1.85±0.35	1.79±0.41
Statistical test results	t=0.615; p=0.323		t=0.996; p=0.815		t=0.232; p=0.541	
Sucking						
Average score	1.13±0.53	0.91±0.54	1.70±0.46	1.27±0.45	1.97±0.17	1.72±0.45
Statistical test results	t=0.719; p=0.090		t=4.071; p=0.001		t=2.928; p=0.005	
Swallowing						
Average score	1.10±0.61	0.91±0.43	1.56±0.50	1.51±0.50	1.97±0.17	1.65±0.48
Statistical test results	t=3.553; p=0.090		t=1.532; p=0.836		t=0.208; p=0.001	
Total score						
Average score	4.37±1.49	3.67±1.15	6.72±0.99	6.02±1.46	7.79±0.49	7.06±0.79
Statistical test results	t=4.630; p=0.110		t=0.260; p=0.037		t=2.420; p=0.018	