

## MATERNAL INSUFFICIENT LACTATION QUESTIONNAIRE

### Purpose of the instrument

The MILQ is a brief questionnaire designed to assess maternal perception of her milk production and to identify mothers experiencing perceived insufficient milk supply (PIMS).

### Before administering the MILQ

Confirm that the mother is in appropriate physical and emotional condition to respond (e.g., not in severe pain and not facing immediate interruptions).

Before starting:

- Introduce yourself by name and role in the study.
- Ensure reasonable privacy and a calm, quiet environment.

### Initial explanation to the mother

Provide a simple explanation, for example:

*"Mrs. [name], this questionnaire has four questions about how you perceive your breastfeeding and the amount of milk you are producing. It will help us identify whether any mother feels her milk is not sufficient. There are no right or wrong answers; what matters is that you respond honestly."*

Then explain how it will be administered:

*"I will read each question along with two response options. You will choose only one option per question. If you need, I can repeat the question or the options."*

Confirm understanding and ask if she has any questions before beginning.

### Standardized administration procedure

- Read each question aloud slowly, clearly, and with good diction.
- Then read both response options in full.
- Ask the mother to select only one option per question.

If the mother shows uncertainty or difficulty:

- Repeat the question and both options calmly.
- Avoid suggesting an answer.

After the mother chooses an option:

- Mark the selected response on the questionnaire.
- Record the corresponding score according to the scoring key.

### **MILQ items and response options**

#### **Question 1. At present, how do you feel your breast milk production is?**

- a) Sufficient to satisfy my baby. → **2 points**
- b) Insufficient to satisfy my baby. → **1 point**

#### **Question 2. At present, how do you see your baby with your breastfeeding?**

- a) The baby seems satisfied with the amount of milk received from my breasts. → **2 points**
- b) The baby seems unsatisfied with the amount of milk received from my breasts. → **1 point**

#### **Question 3. At present, how is your baby growing with your breast milk?**

- a) It seems that my baby is growing well with my breast milk. → **2 points**
- b) It seems that my baby is not growing well with my breast milk. → **1 point**

#### **Question 4. In the last two days, have you had to use formula because your milk was not enough?**

- a) No, that is not true; I did not use formula in the last two days. → **2 points**
- b) Yes, that is true; I used formula in the last two days. → **1 point**

### **Scoring**

- Each item has two options (a and b).
- Option **a = 2 points**; option **b = 1 point**.
- Total score is the sum of the four items.

**Minimum score:** 4 points

**Maximum score:** 8 points

**TOTAL:** \_\_\_\_\_ **points**

### **Interpretation of scores**

- **8 points:** the mother does not perceive insufficient milk supply.
- **7 points:** low level of perceived insufficient milk supply.
- **6–4 points:** high level of perceived insufficient milk supply; requires closer clinical evaluation and support.

### **Recommended interviewer demeanor**

- Maintain a respectful, empathetic, and neutral attitude.
- Avoid gestures or comments that could induce guilt or discomfort.