**Appendix**

**Table I**

General statistics of samples (N = 200)

|  |  |  |  |
| --- | --- | --- | --- |
| **Items** | **Options** | **Frequency (person)** | **Percentage** |
| Age | Under 25 years old | 46 | 23 |
| 25-35 years old | 64 | 32 |
| 35-45 years old | 72 | 36 |
| Over 45 years old | 18 | 9 |
| Education level | High school or below | 50 | 25 |
| College degree | 64 | 32 |
| Bachelor degree | 60 | 30 |
| Master's degree and above | 26 | 13 |
| Marital status | Married | 190 | 95 |
| Single | 6 | 3 |
| Divorced | 4 | 2 |
| Number of children | 1 | 136 | 68 |
| 2 | 52 | 26 |
| 3 | 12 | 6 |
| Family income | <100,000 yuan/year | 40 | 20 |
| 100,000-200,000 yuan/year | 64 | 32 |
| 210,000-300,000 yuan/year | 60 | 30 |
| 310,000-400,000 yuan/year | 12 | 6 |
| 410,000-500,000 yuan/year | 12 | 6 |
| ≥500,000 yuan/year | 12 | 6 |

**Table II**

Statistics on the question and answer of breast milk knowledge (N = 200)

|  |  |  |  |
| --- | --- | --- | --- |
| **Items** | **Options** | **Frequency (person)** | **Percentage** |
| Are you planning to breastfeed? | Yes | 150 | 75 |
| No | 50 | 25 |
| Don’t know | 0 | 0 |
| Have you heard of breast milk donation? | Yes | 24 | 12 |
| No | 176 | 88 |
| Have you ever given birth to a premature baby? | Yes | 100 | 50 |
| No | 100 | 50 |
| Have you heard of the breast milk bank? | Yes | 18 | 9 |
| No | 182 | 91 |
| Did the medical staff introduce you to breast milk donation? | Yes | 16 | 8 |
| No | 184 | 92 |
| If you have extra breast milk, will you actively donate your breast milk? | Yes | 32 | 16 |
| No | 168 | 84 |

**Table III**

Statistics on breast milk donation knowledge (N = 200)

|  |  |  |
| --- | --- | --- |
| **Items** | **Frequency (person)** | **Correct answer rate (%)** |
| After sterilization, the donated breast milk has a shelf life for 3-6 months in the case of cryopreservation | 106 | 53 |
| Breastfeeding premature infants with donated breast milk has more benefits than formula milk powder feeding | 42 | 21 |
| When the mother is unable to breastfeed or the milk is insufficient due to illness, she can use the donated breast milk instead | 86 | 43 |
| People who donate breast milk do not need to undergo a medical examination | 50 | 25 |
| After the donated breast milk is pasteurized, the nutrients are all destroyed | 50 | 25 |
| After feeding the child, the mother who still has milk can donate her remaining breast milk | 32 | 16 |
| For premature babies, feeding with the donated breast milk can reduce the incidence of heart disease | 14 | 7 |
| The donated breast milk is stored in the breast milk bank | 18 | 9 |
| Donated breast milk can be given to the baby without disinfection | 72 | 36 |
| China's breast milk donation has been widely used in the feeding of hospital premature infants | 70 | 35 |
| There are already many breast milk banks in our country for collecting and storing donated breast milk | 64 | 32 |
| Breastmilk donors need regular medical examinations | 22 | 11 |
| The donated breast milk has an shelf life | 134 | 67 |
| Average correct answer rate |  | 29.23 |

**Table IV**

Attitudes regarding breast milk donation

|  |  |
| --- | --- |
| **Items** | **Mean ± SD** |
| Breastfeeding premature infants with donated breast milk has more benefits than formula milk powder feeding | 2.48 ± 0.16 |
| Donated breast milk may carry viruses and spread diseases | 3.55 ± 0.23 |
| Breast milk donation can solve the problem that infants of mothers who cannot breastfeed have no breast milk to eat | 2.66 ± 0.27 |
| The breast milk donated is the milk of others. Even if I can't breastfeed or the milk is not enough, I don't want to feed my child with donated breast milk | 3.66 ± 0.36 |
| Breast milk donation can treat newborns whose birth weight is lower than normal | 2.42 ± 0.54 |
| After the donated breast milk is pasteurized, the nutrients will be destroyed, so it is better to use formula milk | 1.97 ± 0.25 |
| The source of donated breast milk is unknown. I won’t let my children eat the donated breast milk | 3.6 ± 0.38 |
| Breastmilk donation should be widely used in the feeding of children without breast milk in the hospital | 2.29 ± 0.45 |
| When I can't breastfeed or have insufficient milk, I want to feed my child with donated breast milk, but I am worried that my family does not agree to use breast milk donation | 2.19 ± 0.47 |
| When I can't breastfeed or have insufficient milk, I will take the initiative to find the donated breast milk to feed my child | 2.42 ± 0.56 |
| The donated breast milk is not fresh, I don’t want to feed my children with the donated breast milk | 3.46 ± 0.34 |
| When my milk is sufficient, I will take the initiative to donate my breast milk | 2.27 ± 0.29 |
| Total score of attitudes regarding breast milk donation | 32.97 ± 4.30 |

SD: standard deviation.