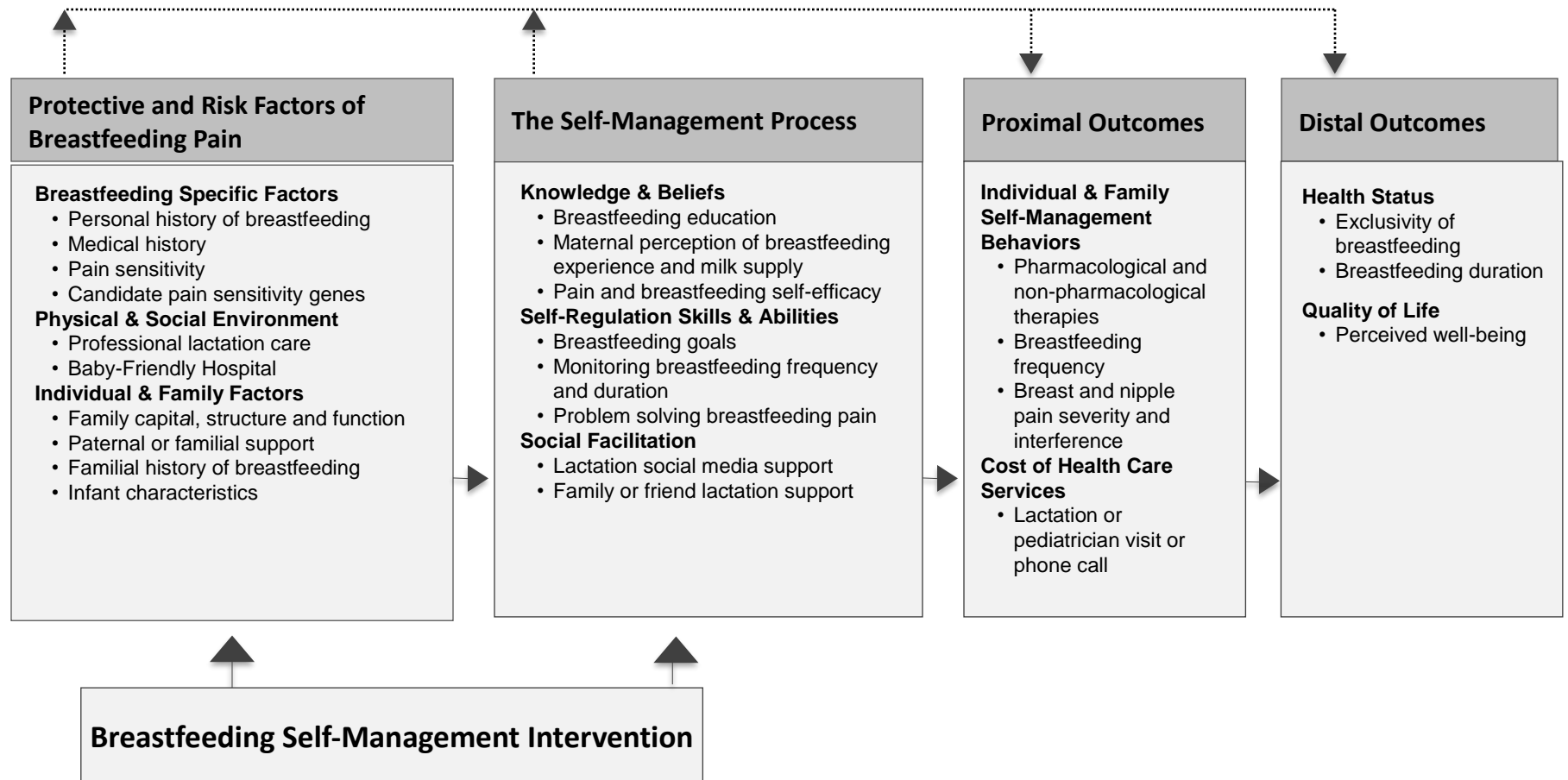


# Individual & Family Self-Management Theory Applied to Breast and Nipple Pain Self-Management



**Supplemental Figure1.** Model of Breast and Nipple Pain Self-Management. Adapted from *Individual and Family Self-Management Theory*, by P. A. Ryan and K. J. Sawin retrieved from [www.nursing.uwm.edu/smsc](http://www.nursing.uwm.edu/smsc). Copyright 2009, 2014 by Ryan and Sawin. Adapted with permission.

**Supplemental Table 1. Pain Measurements Comparison between Groups**

Measurement	Week	Sample ( <i>N</i> = 56)		BSM Group ( <i>n</i> = 26)		Control Group ( <i>n</i> = 30)		<i>α p</i> - <i>value</i>
		<i>M</i>	( <i>SD</i> )	<i>M</i>	( <i>SD</i> )	<i>M</i>	( <i>SD</i> )	
VAS Breast and Nipple Pain Severity	0	29.5	(23.5)	28.1	(22.8)	29.5	(24.4)	.895
	1	40.3	(23.2)	32.5	(21.7)	47.0	(22.7)	.014
	2	32.0	(24.8)	22.7	(21.0)	40.0	(25.3)	.006
	6	13.6	(18.2)	11.5	(18.6)	15.5	(17.9)	.093
BPI Intensity	0	4.45	(1.70)	4.47	(1.72)	4.43	(1.71)	.935
	1	3.20	(1.50)	3.05	(1.36)	3.36	(1.62)	.490
	2	2.81	(1.59)	2.33	(1.20)	3.23	(1.78)	.029
	6	1.01	(1.45)	0.84	(1.45)	1.17	(1.47)	.061
BPI Interference	0	3.22	(2.54)	3.16	(2.60)	3.26	(2.53)	.877
	1	1.56	(1.98)	1.21	(1.64)	1.87	(2.21)	.230
	2	0.91	(1.44)	0.73	(1.07)	1.06	(1.71)	.411
	6	0.56	(1.11)	0.52	(1.38)	0.59	(0.82)	.854

Note. BSM = Breastfeeding Self-Management; BPI = Brief Pain Inventory; M = Mean; SD. = Standard Deviation; p = p-value; <sup>a</sup>Two sample t-test for pain severity and BPI Intensity, Box-Cox transformation was used for non-normal distributed data, permutation test was used for BPI Interference.