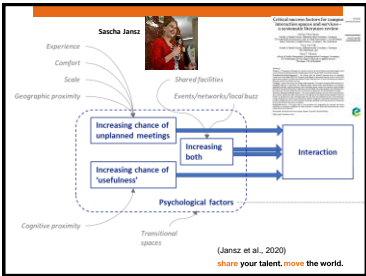


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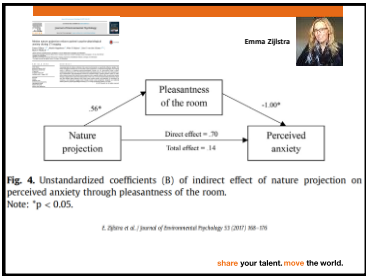
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**Herik Brink**  
 Classroom/lecture environmental conditions affecting the academic achievement of students and lecturers in higher education: A systematic literature review  
 Herik Brink, J. C. van der Wal, J. van der Wal, P. H. M. van der Wal  
 Health Care 2019, 11(12), 2019  
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**Stefan Lechner**  
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**Table 4**  
 Best mixed model results for Psychological Outcomes (Mean and 95% CI and 95% CI)  
 Mean score, Health-related presence, Physical blood pressure, Average blood pressure  
 Dist. SE p, Dist. SE p, Dist. SE p, Dist. SE p

Outcome	Mean	SE	p	Dist.	SE	p	Dist.	SE	p
Psychological	1.20	0.05	<.001	1.15	0.05	<.001	1.15	0.05	<.001
Health-related presence	1.20	0.05	<.001	1.15	0.05	<.001	1.15	0.05	<.001
Physical blood pressure	1.20	0.05	<.001	1.15	0.05	<.001	1.15	0.05	<.001
Average blood pressure	1.20	0.05	<.001	1.15	0.05	<.001	1.15	0.05	<.001

E. Zijlstra et al. / Journal of Environmental Psychology 53 (2017) 168–176  
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**Emma Zijlstra**  
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**Spolje van Dellen**

-Breastfeeding up to 6 months has positive effects on children (e.g., infections, overweight) and mothers (e.g., cancer, diabetes)

-Over 11% of mothers prematurely stop with feeding due to work

**RESEARCH ARTICLE**  
**The effect of a breastfeeding support programme on breastfeeding duration and exclusivity: a quasi-experiment**  
 S. J. van Dellen<sup>1,2</sup>, S. Hooft<sup>1,2</sup>, J. de Graaf<sup>1,2</sup>, J. van 't Hof-Grootenboer<sup>1,2</sup>

**Abstract**  
**Background:** Breastfeeding has beneficial effects for infants and mothers. The World Health Organization recommends exclusive breastfeeding for 6 months and continued breastfeeding up to 2 years of age or beyond. The Dutch national guideline for breastfeeding recommends exclusive breastfeeding for 6 months. Breastfeeding support programmes aim to increase the duration and exclusivity of breastfeeding.

**Methods:** A quasi-experimental design was used to evaluate the effectiveness and usability of the BIP (Breastfeeding Incentive Programme) in a Dutch general practice. The BIP consists of a 10-week programme of home visits by a lactation consultant and a 10-week programme of telephone support by a lactation consultant. The BIP was compared with a control group of mothers who did not receive the BIP. The primary outcome was the duration of breastfeeding at 6 months. Secondary outcomes were the duration of breastfeeding at 12 months, the duration of breastfeeding at 24 months, the duration of exclusive breastfeeding at 6 months, the duration of exclusive breastfeeding at 12 months, the duration of exclusive breastfeeding at 24 months, the duration of exclusive breastfeeding at 6 months, the duration of exclusive breastfeeding at 12 months, the duration of exclusive breastfeeding at 24 months, the duration of exclusive breastfeeding at 6 months, the duration of exclusive breastfeeding at 12 months, the duration of exclusive breastfeeding at 24 months.

**Results:** The effect of the BIP on the duration of breastfeeding was not significant. The duration of breastfeeding at 6 months was not significantly different between the BIP and control group. The duration of breastfeeding at 12 months, the duration of breastfeeding at 24 months, the duration of exclusive breastfeeding at 6 months, the duration of exclusive breastfeeding at 12 months, the duration of exclusive breastfeeding at 24 months, the duration of exclusive breastfeeding at 6 months, the duration of exclusive breastfeeding at 12 months, the duration of exclusive breastfeeding at 24 months, the duration of exclusive breastfeeding at 6 months, the duration of exclusive breastfeeding at 12 months, the duration of exclusive breastfeeding at 24 months.

**Conclusions:** The BIP appears to be an effective means to help mothers to increase the duration and exclusivity of breastfeeding. The BIP appears to be an effective means to help mothers to increase the duration and exclusivity of breastfeeding. The BIP appears to be an effective means to help mothers to increase the duration and exclusivity of breastfeeding.

**Keywords:** Breastfeeding, support, duration, exclusivity, quasi-experiment, intervention, effectiveness.

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