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1) Have any data been collected for this study already?

It's complicated. We have already collected some data but explain in Question 8 why readers may consider this a valid pre-registration nevertheless.

2) What's the main question being asked or hypothesis being tested in this study?

Psychological support might relaunch a virtuous cycle involving the prophylactic role of breastfeeding in reducing maternal psychological distress.

3) Describe the key dependent variable(s) specifying how they will be measured.

The primary endpoint was the assessment of breastfeeding success in mothers participating in psychotherapeutic interventions. Quantitative parameters included breastfeeding initiation, duration, and composition. Qualitative parameters recorded the evaluation of maternal perceptions on breastfeeding success.

4) How many and which conditions will participants be assigned to?

Two main different psychotherapeutic approaches have been evaluated. On the one hand, approximately half of the papers have evaluated the effectiveness of psychotherapies that are performed by psychiatrists and psychologists. In the remaining studies, a reference is made to research projects whose staff has received brief training in applying methods that are suitable for healthcare (manual relaxation, meditation relaxation techniques, music therapy or compassion-focused therapy). Most papers deal with universal interventions targeting a population not at increased risk for perinatal mental health conditions.

5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.

Common databases for breastfeeding and psychological studies include PubMed, PsycINFO, EBSCOhost and Cochrane Library. Map term to subject heading: Breastfeeding, lactating, lactation, human milk, breast milk, breastfeed, and breastfed. AND Relaxation therapy, relaxation techniques, meditation, imagery, verbal protocol, guided imagery, and music therapy. Narrative reviews have no specified search strategy. They are not systematic. No standards guide the review. This group of scholars have been regular contributors to the literature. They create a critical review, drawn from their expertise and evaluation of the scientific literature. The greatest weakness of this review results from the potential for bias entering into the final conclusions.

6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.

Studies of infants with cleft palate, cerebral palsy, gastrointestinal disorders, food allergy or other specific medical problems known to affect feeding were excluded due to the high risk of confounding. Additional exclusion criteria for this review were protocols, reviews, commentaries, and letters to the Editor.

7) How many observations will be collected or what will determine sample size? No need to justify decision, but be precise about exactly how the number will be determined.

Studies included were published between 1989 and 2019. Samples were derived from 11 countries. Out of the included studies, eleven were randomized controlled trials (RCT), two were non-randomised trials, two were quasi-experimental, three were case-series reports, and the remaining two studies used a pre-post design.

8) Anything else you would like to pre-register? (e.g., secondary analyses, variables collected for exploratory purposes, unusual analyses planned?)

Given that generalizability of results may have been limited because a number of studies do not control for potential confounding variables in their multivariate analyses, future research is needed to evaluate the impact of psychological interventions on breastfeeding uptake or duration.