



**UNIVERSITY OF
PLYMOUTH**
School of Nursing and
Midwifery

**Participant information sheet – PEACH Study
Group: Supporting partners or family members
(Version 1, April 2021)**

Preconception care; Exploration of Availability and access for women with Health Conditions PEACH Study.

A realist evaluation of availability and access to preconception care for women with pre-existing medical conditions; what approaches work, for whom and in what circumstances?

Invitation

As a partner or family member who provides support to a woman with a pre-existing medical condition (physical or mental health), you are invited to take part in this research study on preconception (pre-pregnancy) care. Your partner or family member may or may not have ever been pregnant. If you wish to take part, you must be 18 or over, have a partner or family member (who you support) with an on-going medical condition (affecting their physical or mental health), be able to give informed consent, and participate in an online interview in English.

What is the purpose of the study?

Women with both physical and mental health conditions can benefit from advice and support before pregnancy (preconception care). Effective preconception care can improve maternal, fetal and infant health and well-being during and after pregnancy. Not all pregnancies are planned, and even if they are, many women find it very difficult to optimise their health prior to pregnancy.

This study will explore preconception care to find out what works, for whom, and in what circumstances. The aim is to identify how to optimise services that provide preconception care to women with pre-existing medical conditions, with a view to improving health and wellbeing during pregnancy and beyond.

The study is being conducted as part of a PhD for Heather Hopper, under the supervision of Professor Jill Shawe. Heather is a midwife and associate professor in

midwifery; both Heather and Jill are employed by the University of Plymouth and work in the School of Nursing and Midwifery, in the Faculty of Health.

What will you be asked to do?

If you decide to take part, please click on the link at the bottom of this information leaflet to give your consent and provide your contact details so an online interview (via Zoom) can be arranged. Heather will be conducting the interviews and will ask you about your experiences. Please be aware that this may include sensitive topics, particularly if you have had previous difficult experiences, including pregnancy or baby loss. The interview will focus on what aspects or approaches to preconception care you feel would or have worked well for you and your partner or family member. The interview is likely to take between half an hour and an hour.

The interview will be recorded for analysis; you will have the option to turn the camera off during the recording if you wish. Heather may invite you to a second interview; this may help to clarify a point that she is interested in. As soon as your interview(s) have been transcribed (written down), all Zoom recordings will be destroyed. All data from interviews will be anonymised, so you will not be identifiable in any report or publication.

Are there any possible benefits from participation in this study?

The findings from the study will influence preconception care in the future. Taking part may not directly benefit you or your partner or family member but will help to develop and improve preconception care in the future.

Are there any possible risks from participation in this study?

No, there are no anticipated risks from participation in this study. If, however, you become distressed in the process of recalling particular events or experiences, you may wish to access counselling services via your GP or request a “de-brief” (giving you an opportunity to review what has been discussed during the interview) with Heather; this could be at the end of the interview or in a follow-up telephone or zoom call.

What if I change my mind during or after the study?

You are free to withdraw from the study (including the interview) at any time, without providing an explanation. You may also withdraw any data you have provided up to the point of data analysis; after that it will not be possible to remove data, as they will have been anonymised and incorporated with other data.

What will happen to the information when this study is over?

All data will be treated in a confidential manner by the research team. Any personal data will be stored securely, on a password protected database that only the research team have access to, in accordance with the Data Protection Act (2018) for 6 years before being destroyed. Any anonymised research data will be stored securely, in accordance with the University of Plymouth Research Policy, for 10 years.

How will the results of the study be published?

A summary report will be produced and available on request once the study is completed. The findings will also be disseminated to local service providers, written up for publication in a suitable peer reviewed scientific journal, shared with Public Health

England and disseminated at relevant conferences nationally and internationally. You will not be identifiable in any reports or publications.

What if I have questions about this study?

If you have any questions or concerns about this study, or need to change or cancel an interview, please contact either Heather Hopper (the researcher) or Professor Jill Shawe (academic supervisor) via the following email addresses:

Heather.hopper@plymouth.ac.uk

jill.shawe@plymouth.ac.uk

Peachstudy@plymouth.ac.uk

This study has been approved by the University of Plymouth Ethics Committee.

If you would like to contact someone independent, please contact the Research Administrator to the Faculty Research and Ethics Integrity Committee

hhsethics@plymouth.ac.uk.

How do I confirm that I am interested in taking part?

If you are interested in participating in this study, please click on the link to provide your contact details. Heather will then contact you (via email), to organise an online interview via Zoom.

Link (to online survey) to provide initial information, confirm consent and give contact details: <https://plymouth.onlinesurveys.ac.uk/peachstudy-consent-and-contact>

Thank you for reading this information sheet and considering participating in the PEACH Study.

Heather Hopper
(PhD student and Midwife)

