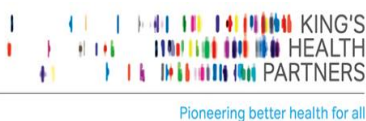


BaBBLeS

BUMPS AND BABIES LONGITUDINAL STUDY

INVITATION TO PARTICIPATE & INFORMATION ABOUT THE STUDY



Dear Mother-to-be

On behalf of researchers from the Universities of the West of England (Bristol), Coventry, Newcastle, Hertfordshire, Kent, Bath and The Kings Health Partners, **we would like to invite you to take part in a research study.**

The researchers are hoping to discover if using new technologies, such as social media and apps, during pregnancy and early parenthood affect how you feel about yourself and your new baby. The research is also interested in finding out how using the new technologies might affect the conversations that you have with your health professionals, family and friends as you become a parent for the first time.

The research study called 'BaBBLeS' will be open to new mothers in Coventry, Bradford, Lewisham (London), Blackpool and Leicester who would like to take part.

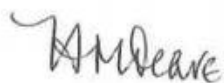
We know that there are many different types of new technologies that you might use. By asking mothers like yourself to take part, we hope to discover if they are useful for you and the health professionals who care for you during pregnancy and the early months of parenthood.

This leaflet gives you some information about the study and what will be involved if you decide to take part.

If anything is not clear to you, or if you would like more information, please feel free to ask **Trudy Goodenough or Toity Deave**. Their contact details are given at the end of this leaflet.

Before you make your decision, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information and discuss it with your family and friends if you wish.

Thank you for your time.



Dr Toity Deave
Chief Investigator, BaBBLeS Research Team

INFORMATION ABOUT THE STUDY

What is the purpose of the study?

Many women are now using 'new technologies' including apps, websites, and social media sites for information and support. Some women may use these new technologies a lot of the time, while others may only refer to them for particular events in their lives such as having their first baby.

Our study aims to find out how useful these new technologies are for all women who are having their first baby, both during pregnancy and in the first few months after the baby is born.

We would like to find out if using these new technologies changes women's knowledge and confidence about their pregnancy, birth and motherhood while they are expecting their first baby and during the first few months after their baby's birth. These technologies may also alter the conversations that they have with family, friends and health professionals. For example, with their midwife or health visitor.

The study is being paid for by the Big Lottery and is being carried out by researchers from the Universities of the West of England, Coventry, Newcastle, Hertfordshire, Kent, Bath and Kings Health Partners who are working with maternity services in Coventry, Bradford, Lewisham (London), Blackpool and Leicester.

We are inviting all women to take part in our study who are expecting their first baby, and who are between 12-16 weeks pregnant living in one of the five study areas of Coventry, Bradford, Lewisham (London), Blackpool and Leicester.

Why have I been asked to take part?

We are working with maternity services in Coventry, Bradford, Lewisham (London), Blackpool and Leicester.

This **Information** has been given or sent to you by your local maternity service as from their records, they understand that you are expecting your first baby, you are between 12-16 weeks pregnant and live in their area.

We do not have any personal information about you until you send your questionnaire, contact form and consent form back to us.

Do I have to take part?

We would really like you to take part, but it is up to you to decide. You can change your mind at any time and if you no longer want to take part, at any stage, you can contact us to let us know. You don't have to give a reason.

The care that you receive from your midwife or health visitor will not change whether you decide to take part or not.

What will happen if I take part?

There are 4 parts to this study:

1. You will be asked to fill in **two questionnaires while you are pregnant**. One now and one when you are about 35 weeks pregnant*. You can do this **online in one of 3 ways**: by TEXT; by email or by using the link on the Questionnaire. OR you can ask for the **paper version** from your midwife today or by contacting the study team.

The information for how to contact the team and get the online links for your phone, tablet or computer are on page 7 of this leaflet.

Each questionnaire should take no longer than 15-20 minutes of your time to complete.

**Please note that if you have given birth to your baby before 34 weeks of pregnancy, you should not receive a second pregnancy questionnaire.*

2. You will be sent **one more questionnaire** to fill in (either online or on paper) **3 months after your baby is born**. This final questionnaire should also take about 15-20 minutes to complete. Just before we send it to you, we will text or email you just to confirm that your contact details are still up to date.
3. At one and two weeks after we send the questionnaire, if we do not receive your completed questionnaire, you will receive a text message for the purpose of a reminder. This will include the link to the online version and an offer to complete the questionnaire over the phone if you prefer this to completing it online or on paper.
4. Three weeks after the questionnaire is sent, if we do not receive your completed questionnaire, we will ring you to ask if you would like to complete the questionnaire over the phone.

5. We will send you a £5 gift voucher when we receive your first and final completed questionnaires. You may choose to enter a Prize Draw to win one of 10, £10 vouchers when we receive your completed second pregnancy questionnaire.
6. We would also like to talk to some women in person to find out more details about how they use apps, websites and social media sites during pregnancy and early months after their baby is born. We will do this by arranging some individual telephone interviews and organising small group (focus group) discussions with other first time mums in your area after your baby is born.

If you would be interested in the phone interview or group meeting, please complete the 'telephone interview or focus group section' on the Contact details in the Questionnaire, and a researcher will contact you.

If you have any questions about the Questionnaire, Consent or the Contact information or would like help with any of this please ring **Trudy Goodenough or Toity Deave** who will be pleased to help. Our contact details are on the back page of this leaflet

What are the possible benefits of taking part?

You will be helping the research team, and health professionals understand more about how women, like yourself, use new technologies for information and support during pregnancy and in the early months after your baby is born. Taking part in this study may also help to improve how the new technologies provide this kind of information in the future.

Are there any disadvantages or risks of taking part in the research?

Not really, we just need a little of your time to complete the questionnaire. If you decide to take part in the telephone interview or in a focus group this will take some more of your time, but we will make arrangements to suit you, and we will pay your travel costs for coming to the focus group.

What if there is a problem?

If you have any questions or concerns about the study you can talk to us. Our names and phone numbers are given at the end of this information booklet.

If you do not want to talk to us, or there is still a problem, you can contact an independent source of advice: Dr Julie Mytton Associate Professor in

Child Health; University of the West of England Julie.Mytton@uwe.ac.uk, 0117 3314085 or your local Patient Advisory and Liaison Service (PALS).

Will my taking part be kept confidential?

Yes, all information you give will be handled in confidence. Your name will not be on the Questionnaires that you complete and the Questionnaire will be stored separately from your Contact details and Consent.

If you take part in the telephone interview or focus group, when we write about the study we may want to use some of what you have said but this will be anonymised. We plan to digitally record the interviews and focus groups but your name will not be used and the recordings will be destroyed once the interviews or focus groups have been transcribed.

In accordance with the terms and conditions of the 1998 Data Protection Act, we will keep all of the information from the study securely at the University of the West of England for 7 years after we have finished.

We will make sure that any information that could identify you is destroyed as soon as we no longer need to contact you.

What will happen if I don't want to carry on with the study?

Taking part in this study is up to you and you are free to withdraw at any time, without giving any reason. Just let us know by phone, text, email or letter. Our contact details are at the end of this information leaflet.

There is one exception to this. Because all of the information that you give us in the questionnaire is kept anonymously, once we have started looking at the answers you give us, we will not be able to remove your information.

What will happen to the results of the study?

We will publish a report for the Big Lottery and talk about the study at research meetings. We will also send you a study summary, if you would like one.

Who is organising and funding this research?

This research is being led by the University of the West of England, Bristol working with research teams from Kings Health Partners and the Universities of Coventry, Newcastle, Kent, Bath and Hertfordshire. It is funded with money from the Big Lottery.

Who has reviewed this study?

All research is looked at by an independent group of people, called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity.

This study has been reviewed and given a favourable opinion by

West Midlands - South Birmingham Research Ethics Committee

Reference number: 16/WM/0029

What to do next....



How can I take part in BaBBLeS?

Read the Information sheet and if you would like to take part



CHOOSE how you would like to complete the questionnaire

Go online http://tinyurl.com/babbles1	or	TEXT BaBBLeS1 and receive the on-line link to your phone	or	Email us at Babblesteam@uwe.ac.uk	or	Ask your midwife or ring BaBBLeS 0117 3314085 for a paper copy to send back to us
---	----	---	----	---	----	---

Enter your unique **BaBBLeS ID** to begin
That's the 9 digit code on the front of this information booklet

Complete and send us your questionnaire



*Any Questions?
Please ask us!*

Email: Babblesteam@uwe.ac.uk
Text: 07817 875309
Phone: 0117 3314085

Thank you

Contacts for further information

If you have any questions about the research please contact or leave a message for:



Dr Trudy Goodenough, (Researcher)

University of the West of England

babblesteam@uwe.ac.uk

Landline: 0117 3314085 (with answerphone):

Work Mobile: 07817 875309



Dr Toity Deave (Associate Professor)

BaBBLeS Chief Investigator

University of the West of England

babblesteam@uwe.ac.uk

Landline: 0117 3314085 (with answerphone):

Work Mobile: 07817 875309

Thank you for taking the time to read this leaflet