

The role of social networks in weight management for first time pregnant and postpartum women.



Participant Information Sheet

(Pregnant women)

Invitation

We would like to talk to pregnant women and new mothers about their experiences of eating healthily and doing physical activity. We are also interested in how the people around you support or do not support you with making changes to your lifestyle. We would like to invite you to help with this study by taking part in an interview with one of our researchers.

Before you decide if you would like to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read this information carefully and discuss it with others if you wish.

Please ask if anything is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

Who is organising and funding the study?

This study is being organised by the Social and Public Health Sciences Unit at the University of Glasgow and sponsored by NHS Greater Glasgow and Clyde. The research is funded by the Medical Research Council.

What is the study for?

We want to learn what things would help mothers to eat more healthily and do more physical activity, and how to increase support from their family, friends and other mothers.

The long term aim of the study is to develop an intervention to help pregnant women and mothers manage their weight by supporting them to eat more healthily and do more physical activity. This study is part of an education PhD qualification.

Why have I been invited?

We have invited you take part because

- you are currently pregnant with your first child*
- you are aged 18 years or older
- you were overweight before pregnancy (a Body Mass Index of 25 or more)
- you are interested in eating more healthily and/or doing more physical activity

* No previous pregnancy that was longer than 12 weeks.

Do I have to take part?

No, it is up to you to decide whether to take part or not. If you decide to take part, you are still free to withdraw at any time and without giving a reason.

If you decide that you do not want to take part your usual NHS care will not be affected.

What will happen if I agree to take part?

For face-to-face interviews: If you agree to take part, we will contact you and arrange to meet you at a time and place that suits you. If this has already been arranged, you do not need to do anything. The researcher will contact you a day before the arranged interview to confirm that you are still happy to participate.

For phone interviews: If you agree to take part we will contact you and arrange a day and time for the interview. Please make sure to send the signed consent form (researcher copy) using the stamped addressed envelope at your earliest convenience. The researcher will contact you a day before the arranged interview to confirm that you are still happy to participate.

If you have further questions, or would like to postpone the interview please contact the researcher, Bernardette Bonello (details at the end of this leaflet). The interview will last about 85 minutes and you will first be asked to complete a short questionnaire on the researcher's laptop about you and about the people closest to you (your social network). The interview will consist of questions about your experiences of physical activity and healthy eating and managing your weight. We are also interested in ways that the people closest to you are helpful or not helpful to you when you are trying to make lifestyle changes.

If you agree, we would like to make a sound recording of the interview so that we don't miss anything you say. After the interview the recording will be typed up so that we can look at what you said in more detail and compare it to what others have said.

Could there be any benefits to taking part?

There are no direct benefits to taking part.

However, in the longer term the information you give us will be used to inform the development of an intervention, which could support pregnant women and new mothers to achieve their lifestyle goals.

Could there be any disadvantages or risks if I take part?

There are no risks to taking part in the study but you will have to give up some of your time to complete the interview.

What will happen to my information?

Everything you tell us will be **strictly confidential**.

There are two types of information we will collect:

1. Personal information

This is information that we use to identify each individual who takes part in the study. It includes your name and address or other contact details.

We will only use your personal information to get in touch with you about taking part in the study, such as arranging an interview or sending you a voucher. The only people who will be able to see your personal information are members of the research team and officials from research regulators who may want access to the information to check the quality of the research. Members of the research team and the regulators must comply with the Data Protection Act 1998 by keeping your information confidential and secure. When we no longer need to keep your personal information it will be destroyed.

2. Study data

This is anonymous information that we collect from everyone who takes part in the study. It does not include any details which would tell us who gave us the information.

Study data will be kept separate from personal information, and both will be stored securely at the University. Once transcribed the audio recordings will be deleted from the digital audio device and stored on secure university computers which can be accessed only by the study team. Study data will be kept securely for up to 10 years in line with University of Glasgow policies.

We will only share information about you with to anyone outside the study if we have concerns about your or anyone else's safety.

If you agree, we would like to share your study data (but **not** your personal information) with other researchers by storing it with the UK Data Archive, where it could be used anonymously by other scientists and researchers to help answer future research questions. The UK Data Archive must also comply with the Data Protection Act 1998.

You do not have to agree to us sharing your data to be able to take part in the study.

NHS GG&C is the sponsor for this study based in Scotland. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. NHS GG&C will keep identifiable information about you for 3-6 months after the study has finished.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible. For more information please contact Bernardette Bonello using the contact details at the end of this leaflet.

What will happen to the results of the research study?

The research results will be included in a PhD thesis written by Bernardette Bonello, a research student at the University of Glasgow. A summary will be published on the University's website. The results of the study will also be published in scientific journals and presented at scientific meetings and conferences.

We may include direct quotes from your interview but your personal information will not be included in any report, publication or presentation, and no one will be able to identify you.

If you would like us to send you a copy of the research results please get in touch with Bernardette Bonello using the contact details at the end of this leaflet.

Who has reviewed the study?

All research studies are looked at by a Research Ethics Committee, which is an independent group of people who monitor the safety, rights, wellbeing and dignity of people who take part in research. This study has been reviewed by the NHS West Midlands - South Birmingham Research Ethics Committee.

Expenses and payments

We cannot pay you directly for taking part in the interview, but afterwards we will send you a £15 high street shopping voucher to thank you for your help.

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

You can withdraw from the study at any time without giving a reason. If you withdraw at any time, or decide not to take part, we will use the data collected up to that point (unless you ask us not to) but we will not collect any more data.

What if there is a problem?

If you have a concern about any aspect of this study, you can speak to the research team at the University of Glasgow using the contact details at the end of this leaflet. They will do their best to answer your questions.

If you are still not happy and wish to complain formally, please contact NHS Greater Glasgow and Clyde:

Email complaints@ggc.scot.nhs.uk or Tel 0141 201 4500 (office hours 9 am - 5 pm)

Contact for further information

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**Thank you for reading this leaflet and considering
taking part in our study.**