

**THE
ORIGINS
PROJECT**



**TELETHON
KIDS
INSTITUTE**
Discover. Prevent. Cure.

 **Joondalup
Health Campus**
Part of Ramsay Health Care



MUMS MINDS MATTER PARTICIPANT INFORMATION BROCHURE



What is this project about?

Pregnancy, childbirth, and motherhood can involve many new challenges. Our project aims to pilot three different programs of support for emotional health, to compare how they influence well-being and stress among pregnant women.

The study is seeking women;

- less than 31 weeks pregnant,
- participating in The ORIGINS Project,
- who speak english, and
- have internet access

The project is being conducted at the Joondalup Health Campus in collaboration with the Telethon Kids Institute, and researchers at the University of Western Australia.

This brochure outlines what participation involves, and potential risks and benefits of participating in the study.

What will I be expected to do?

In addition to completing the measures in the ORIGINS study, we will ask you to complete a short online assessment around 10 minutes long, to see if you are eligible for this study.

When you join the study, you will be randomly allocated to one of three stress-reduction training programs. This is like tossing a coin. You will then receive a link to log-in to the program website, which will give you all the materials you need to complete the program. All programs involve a short meditation or relaxation exercise, which we encourage you to complete once a day for 8 weeks. We estimate these exercises will take about 10-15 minutes per day to complete. All programs also involve a text message once a week for 8 weeks to ask you how the program is going and to encourage you to complete a brief online well-being check every week.

We will also ask you to complete an online questionnaire when you finish the program. When you have completed the program, you may be contacted to take part in an interview, either at a clinic visit or via the telephone.

There are no costs to you for participating in the project. If you complete the online surveys as requested, you will be reimbursed \$30 at the conclusion of the study for your time.

If you indicate that you have elevated levels of distress when completing our screening survey, you will receive a notification and email recommendation to seek additional support from your midwife, mental health professional, or GP. These questions are the same as the questions asked at your antenatal health visits. Please note that any costs of seeking or receiving additional support are not covered by this study, however we do also provide recommendations for free or low-cost support services.

Do I have to take part in this research project?

Participation in this project is entirely voluntary. If you choose to participate, you are free to stop participating at any time. You can also request to withdraw any data collected as part of this study that is not part of ORIGINS data collection. Your care at Joondalup Health Campus will not be affected by your decision to participate in this study.

What are the possible benefits of taking part?

We expect, based on past research, that completing these exercises will be helpful at improving your well-being and reducing your feelings of stress. Following this project, we aim to conduct a larger study that will investigate whether there are additional benefits for babies.

What are the possible risks of taking part?

To our knowledge, there are no particular risks for participating in this research. It should be noted that the stress reduction program is not intended as a replacement for more intensive or specialized psychological services. If you experience any distress while participating in the program, we would like you to tell us. We also encourage you to access support using the follow services:

- **Your regular GP**
- **Lifeline 13 11 44 (24 hours a day) or [lifeline.org.au](https://www.lifeline.org.au)**
- **Beyond Blue 1300 22 4636 (24 hours a day) or [beyondblue.org.au](https://www.beyondblue.org.au)**

How will my confidentiality be protected?

All information collected as part of this research will be kept strictly confidential. All questionnaires will be completed online, and data will be transferred to a data set which includes no identifying information about you. Data will be re-identifiable to ensure that we can withdraw your data from the study if you request that. The anonymous participant codes assigned to participant data for the purpose of analysis will be kept with identifying information on a password-protected computer at the Telethon Kids Institute. Data will be used for general statistical analyses only. No individuals will be identified in any research report. All data storage will align with ORIGINS Project and Telethon Kids Institute privacy protocols.

Who will see the results of the research?

The results of this study will be published in medical journals and presented at conferences. No individuals will be identifiable from the presentation of the results. A summary of the findings will also be sent to you at the conclusion of the project.



Financial disclosure/ Conflict of interest

This project has received funding from the Telethon Kids Institute “Think Big” funding initiative. Dr Finlay-Jones is a certified teacher of several mindfulness and compassion training programs and receives payments when she delivers these programs in private practice, however she receives no payment for this research.

Consent process

When you sign the consent form, your signature will be taken as your consent to participate in the study. To withdraw from the study, you must email the research team (MMM@telethonkids.org.au) with your participant ID and let them know that you wish to withdraw.

Contact Details

If you have any questions about the study, contact:

MMM@telethonkids.org.au 08 6319 1808

[WATCH THE VIDEO](#) and find out more

Complaints

The ethical aspects of this study have been approved by the Ramsay Health Care WA | SA Human Research Ethics Committee (RHC WA | SA HREC). If you have any complaints or reservations about any ethical aspect of your participation in a research project, please contact the Consumer Liaison Office at Joondalup Health Campus on (08) 9400-9404 who will direct your complaint to the most appropriate person. Any complaint you make will be investigated by an independent party, treated in confidence, and you will be informed of the outcome.

**THANK YOU FOR
CONSIDERING
PARTICIPATING IN
THIS RESEARCH PROJECT**

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