**Combined Participant Information Sheet and Consent Form and Questionnaire** **– Women’s survey**

**Study Title: Acceptability among women of the use of the adapted FIGO pregnancy nutrition checklist as a tool for midwives and obstetricians to initiate nutrition discussions with women before and during pregnancy**

**Researcher: Dr Chandni Maria Jacob**

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**Ethics/ERGO no:** (ERGO 61724.A2.R4)).

**Version and date: V3 15.03.2021**

**What is the research about?**

My name is Chandni Maria Jacoband I am a researcher and PhD student at the University of Southampton in the United Kingdom.

I am inviting you to participate in a study regarding your experiences while discussing your diet and nutrition with a healthcare provider. We have developed a checklist to facilitate such discussions and would like to hear your views on how useful it would be, and if it was informative and easy to read for you. We would also like to explore if women who have been planning a pregnancy would find this checklist acceptable during consultations with their healthcare provider (e.g. midwife, obstetrician or gynaecologist, GPs).

You will be eligible to participate in this survey if you are pregnant, recently pregnant or trying to get pregnant and have discussed this with a healthcare professional. We would like to hear about your views on the checklist (this will be presented to you once you begin the survey) and the experience you may have had during pregnancy while visiting a healthcare professional, or while preparing for pregnancy. If you have not been in contact with a healthcare provider in relation to pregnancy or planning for pregnancy, then unfortunately you will not be eligible for the study.

This study was approved by the Faculty Research Ethics Committee (FREC) at the University of Southampton (Ethics/ERGO Number: (ERGO 61724.A2.R4)).

**What will happen to me if I take part?**

This study involves completing an anonymous questionnaire which should take approximately 30 minutes of your time. If you are happy to complete this survey, you will need to tick (check) the box below to show your consent. As this survey is anonymous, the researcher will not be able to know whether you have participated, or what answers you provided.

We are assessing the use of a checklist about your eating habits. The checklist is designed to help subsequent discussions with a midwife/doctor in relation to your pregnancy. We would be grateful if you would complete the checklist and answer the short survey asking for your feedback about how useful you feel it would be to complete the checklist before seeing your midwife/doctor. If we implement this checklist, the idea is that the checklist can then be taken with you for your appointment and the midwife/ doctor would discuss any the questionnaire following your appointment. After completing the survey, you will be able to download the checklist and access the nutritional information on it for future reference.

**Why have I been asked to participate?**

**We are looking to hear from women (between the age of 18-45), from the UK, who are pregnant OR recently pregnant or are planning a pregnancy in the next year and have visited a healthcare professional to discuss this.**

We are aiming to recruit around 500 participants for this study.

**What information will be collected?**

The data collected will be your responses to the survey related to your thoughts about the checklist, which will be anonymous.

We will also ask for some basic background information such as your postcode. We may ask youquestions about age and ethnicity and answering these are completely optional. We will only need the information to understand the different practices in nutrition and diet among different regions in the UK and cultures. The information will not be used to identify you and will only be accessible to the researcher (Chandni Jacob) for their work related to the PhD. We will not pass on these details to any other parties.

Some of the survey questions contain textboxes where you will be asked to type in your own answers. Please note that in order for this survey to be anonymous, you should not include in your answers any information from which you, or other people, could be identified.

You do not have to answer all the questions if you do not wish to do so.

**What are the possible benefits of taking part?**

If you decide to take part in this study, your participation will contribute to knowledge in this area of research. As a token of appreciation, we would like to offer you a chance to be included in a prize draw to win one of five £20 Amazon vouchers. The prize draw will be conducted after the study is completed in May 2021. If you opt in to leave your email address in the end to be contacted about the prize draw, you will be only contacted if you have won the voucher. All contacts will be deleted after the study is completed and you will not be contacted in the future.

**Are there any risks involved?**

It is expected that taking part in this study will not cause you any psychological discomfort and/or distress, however, should you feel uncomfortable you can leave the survey at any time or contact the following resources for support:

**What will happen to the information collected?**

All information collected for this study will be stored securely on a password protected computer and backed up on a secure server. In addition, all data will be pooled and only compiled into data summaries or summary reports. The answers you enter into text boxes will also be analysed by the main researcher only, and used in report only after ensuring there is no personal or identifiable information in it.

The information collected will be analysed and written up as part of the researcher’sdissertation and may be published in a journal.

The University of Southampton conducts research to the highest standards of ethics and research integrity. In accordance with our Research Data Management Policy, data will be held for 10 years after the study has finished when it will be securely destroyed.

**What happens if there is a problem?**

If you are unhappy about any aspect of this study and would like to make a formal complaint, you can contact the Head of Research Integrity and Governance, University of Southampton, on the following contact details: Email: [rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk), phone: + 44 2380 595058.

Please quote the Ethics/ERGO number above. Please note that by making a complaint you might be no longer anonymous.

More information on your rights as a study participant is available via this link:

<https://www.southampton.ac.uk/about/governance/participant-information.page>

**Thank you for reading this information sheet and considering taking part in this research.**

Please tick (check) this box to indicate that you have read and understood information on this form,

are aged 18 or over and agree to take part in this survey.

**Combined Participant Information Sheet and Consent Form and Questionnaire – Health care Practitioner’s survey**

***This Study is sponsored by the University of Southampton***

**Study Title: Acceptability among healthcare practitioners of the use of a pregnancy/pre-pregnancy nutrition checklist as a tool to initiate nutrition discussions with women before and during pregnancy**

**Researcher: Dr Chandni Maria Jacob**

**University email:** [**c.m.jacob@soton.ac.uk**](mailto:c.m.jacob@soton.ac.uk)

**Version and date: V2 28/09/2021**

**What is the research about?**

My name is Chandni Maria Jacoband I am a researcher and PhD student at the University of Southampton in the United Kingdom.

I am inviting you to participate in a study (part of a PhD project) regarding your experiences while discussing your diet and nutrition with women in the reproductive age group. We have developed a checklist to facilitate such discussions and would like to hear your views on how useful it would be for you to use, and if it was informative and easy to read for you.

You will be eligible to participate in this survey if you are a healthcare professional – e.g. Obstetrician and Gynaecologists (OBGYN), General Practitioner (GP), Midwife or a dietician. We would like to hear about your views on the checklist (this will be presented to you once you begin the survey). If you are not currently working as a clinician in the UK and meeting women before/ during/ after pregnancy, then unfortunately you will not be eligible for the study.

This study was approved by the Faculty Research Ethics Committee (FREC) at the University of Southampton **(Ethics/ERGO Number: 61736) and by HRA for NHS staff studies (REC reference: 21/HRA/3972).**

**What will happen to me if I take part?**

This study involves completing an anonymous questionnaire which should take approximately 20 minutes of your time. If you are happy to complete this survey, you will need to tick (check) the box below to show your consent. As this survey is anonymous, the researcher will not be able to know whether you have participated, or what answers you provided.

The checklist is designed to help discussions between a healthcare practitioner and women before and during pregnancy. We would be grateful if you would **read** the checklist and answer the short survey asking for your feedback about how useful such a checklist would be in the clinic. If we implement this checklist, the idea is that the checklist can then be taken with women for their appointment and the midwife/ doctor would discuss any gaps in nutrition identified by the checklist. After completing the survey, you will be able to download the checklist and access the nutritional information on it for future reference.

**Why have I been asked to participate?**

**If you are a healthcare professional working in the UK (GP, Dietitian, OBGYN, midwife) as described above, you will be eligible to participate.**

We are aiming to recruit around 100 clinicians for this study.

**What are the possible benefits of taking part?**

If you decide to take part in this study, your participation will contribute to knowledge in this area of research. As a token of appreciation, we would like to offer you a chance to be included in a prize draw to win one of five £20 Amazon vouchers. The prize draw will be conducted after the study is completed in Sept 2021. If you opt in to leave your email address, in the end, to be contacted about the prize draw, you will be only contacted if you have won the voucher. All contacts will be deleted after the study is completed and you will not be contacted in the future. Your responses will not be linked to the email address as this will be stored separately.

**What information will be collected?**

The data collected will be your responses to the survey related to your thoughts about the checklist, which will be anonymous (unless you have provided your email address to participate in the prize draw). We will also ask for some basic background information such as which region in the UK you live in. We will only need the information to understand the different practices (if any) in nutritional assessment among different regions in the UK. The information will not be used to identify you and will only be accessible to the researcher (Chandni Jacob) for their work. We will not pass on these details to any other parties.

Some of the survey questions contain text boxes where you will be asked to type in your answers. Please note that in order for this survey to be anonymous, you should not include in your answers any information from which you, or other people, could be identified.

You do not have to answer all the questions if you do not wish to do so.

**Are there any risks involved?**

It is expected that taking part in this study will not cause you any psychological discomfort and/or distress, however, should you feel uncomfortable you can leave the survey at any time and your responses will be deleted.

**What will happen to the information collected?**

All information collected for this study will be stored securely on a password-protected computer and backed up on a secure server. In addition, all data will be pooled and only compiled into data summaries or summary reports. The answers you enter into the text box will also be analysed by the main researcher only, and used in any future publications only after ensuring there is no personal or identifiable information in it.

The information collected will be analysed and written up to be published in a journal.

The University of Southampton conducts research to the highest standards of ethics and research integrity. Following our Research Data Management Policy, data will be held for 10 years after the study has finished when it will be securely destroyed.

**What happens if there is a problem?**

If you are unhappy about any aspect of this study and would like to make a formal complaint, you can contact the Head of Research Integrity and Governance, University of Southampton, on the following contact details: Email: [rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk), phone: + 44 2380 595058.

Please quote the Ethics/ERGO number above. Please note that by making a complaint you might be no longer anonymous.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead. We will keep all information about you safe and secure. Once we have finished the study, we will keep some of the data so we can check the results or do further research. We will write our reports in a way that no-one can work out that you took part in the study.

### What are your choices about how your information is used?

* You can stop the survey at any time, without giving a reason, and your data will be automatically deleted.
* We need to manage your records in specific ways for the research to be reliable. This means that we won’t be able to let you see or change the data we hold about you.

### Where can you find out more about how your information is used?

You can find out more about how we use your information

* at [www.hra.nhs.uk/information-about-patients/](https://www.hra.nhs.uk/information-about-patients/)
* by asking one of the research team
* by sending an email to c.m.jacob@soton.ac.uk or
* by ringing Research and governance on + 44 2380 595058.

More information on your rights as a study participant is available via this link:

<https://www.southampton.ac.uk/about/governance/participant-information.page>

**Consent statement: Thank you for reading this information sheet and considering taking part in this research.**

Please tick (check) this box to indicate that you have read and understood the information on this form,

are aged 18 or over and consent to take part in this survey.