

PARTICIPANT INFORMATION SHEET**1. Study title: Wellbeing in Post-Partum Study (WiPPS)****2. Invitation paragraph**

You are being invited to take part in a research study asking questions about your experiences in the post-partum period. If you have had a baby in the last year, you are eligible to take part.

This study aims to explore sensitive topics, and it is important you feel comfortable taking part and sharing your experiences. This information sheet is to help you make an informed decision about whether you want to participate. It will give you an overview of the purpose of the research, what your participation will involve and your right to withdraw at any time. Please take time to read the following information carefully and discuss it with others if you wish. If you have questions or concerns prior to taking part, please feel free to contact the research team (details at the end) to discuss anything in more detail.

Please remember there is no obligation to take part. If you decide to take part in this study, you can download a copy of this information sheet [here](#).

3. What is the purpose of the study?

The post-partum period (1 year after giving birth) can be a very challenging and overwhelming time for many mothers. There is evidence of an increase in symptoms of anxiety and depression, stress and suicidal thoughts. Mental health during the post-partum period is important for the wellbeing of the mother and their child. We are interested in better understanding mental health and wellbeing during this vulnerable time, including experiences of low mood, anxiety and suicidal thoughts.

4. Why have I been invited to participate?

This study is to open woman or birthing person who have had a baby in the past year and are aged over 18 years old. You do not have to have experienced poor mental health to take part, we are interested in everyone's experiences.

5. Do I have to take part?

No, it is up to you to decide whether to take part. If you do take part, you may keep this information sheet, and you will be asked to confirm your consent by ticking a box before entering the survey. If you do decide to take part, you are still free to withdraw at any time and without giving a reason.

6. What will happen to me if I take part? What do I have to do?

This study will require you to answer a series of questions that will help us better understand wellbeing and mental health during the post-partum period. This includes questions about:

- you and your background
- your mental health (low mood, anxiety and suicidal thoughts/behaviours)
- your birth experiences, bonding and relationships
- current stresses and sleep

This is an anonymous survey; no identifying information will be collected meaning you cannot be recognised from your responses.

The survey should take around **15-20 minutes** to complete. You will need to complete the survey in one sitting as answers cannot be saved as you go, and we advise starting only when you think you will have the time to complete it all.

On the final page of the survey there is a link which will take you to a separate page where you can choose to provide your email address to opt-in to a prize draw to win one of five £50 vouchers. Your email address will be held separate to your survey responses meaning your responses remain completely anonymous.

7. What are the possible disadvantages and risks of taking part?

During the survey, we will ask you some sensitive questions, specifically asking about your emotions, mental health, and suicidal thoughts. Some of the questions may be distressing, especially if you are currently experiencing low mood or suicidal thoughts. Please remember that you do not have to answer any questions that you do not wish to, and that you may withdraw your participation at any time; you are under no obligation to take part, your wellbeing is the priority. If you withdraw from the study, any data collected in the survey will not be identifiable and therefore the data will be used for the remainder of the study.

Throughout the survey, we will provide a link to a support sheet that outlines the contact details of organisations who can provide support for you if you are affected by the issues raised. These are also included at the bottom of this information sheet.

8. What are the possible benefits of taking part?

You will receive no direct benefit from taking part in this study. The information you provide will give us a better understanding of factors that may be associated with poor mental health and increased suicide risk for those who are in the post-partum period, and what more can be done to prevent it. Findings will be shared with key stakeholders involved in mental health and suicide prevention in the UK. In doing so, we hope this research can influence and inform policy, clinical practice, and suicide theory.

9. Will my taking part in this study be kept confidential?

All information which is collected about you, or responses that you provide, will be kept strictly confidential. No identifying information will be collected beyond simple demographic data, and you cannot be recognised from your responses.

All data will be stored on secure password-protected computers and University of Glasgow servers. No one outside of the research team or appropriate governance staff will have access to any of the data.

10. What will happen to my data?

All responses to the questionnaire will be stored in on the University of Glasgow secure network (OneDrive). Once your data has been exported, the survey data collected on Qualtrics will be deleted. Please read the [privacy notice](#) for more information about what we will do with your data.

All study data will be held in accordance with the General Data Protection Regulation (2018). Nobody outside of the research team will have access to this data, it will be stored in archiving facilities in line with the University of Glasgow retention policy of up to 10 years. After this period, further retention may be agreed or your data will be securely destroyed in accordance with the relevant standard procedures. Anonymized data may also be made available after study completion on an open access platform, such as the UK Data Service.

Your rights to access, change or move the information we store may be limited, as we need to manage your information in specific ways to ensure the research is 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 not collect any personally identifiable information. Please contact me (karen.wetherall@glasgow.ac.uk) if you would like to find out more about how we use your information.

At the end of the survey, you will have the option to proceed to a separate survey where you can choose to be entered into a prize draw. You do not have to enter the draw if you are concerned about leaving personal information.

We are not collecting IP addresses from survey completion, and your identifiable information cannot not be connected to your survey responses. Your identifiable information will be stored on a University of Glasgow approved secured storage in a separate folder to the survey responses.

11. What will happen to the results of the research study?

A report summarising the results of the study will be shared with people involved in perinatal mental health and suicide prevention, and shared online to be accessed by anyone interested. The findings will also be submitted for publishing in peer-reviewed journals or presented at academic conferences.

You can access any of our publications on our website www.suicideresearch.info. You can email karen.wetherall@glasgow.ac.uk to say that you would like to receive a copy of the research findings once they are available.

12. Who is organising and funding the research?

The research is organised by researchers at the Suicidal Behaviour Research Lab (SBRL) at University of Glasgow, who have conducted much previous research in the field. Specifically, the research is being conducted by Dr Karen Wetherall. This research is funded by The Carnegie Trust.

13. Who has reviewed the study?

This project has been reviewed by the University of Glasgow's School of Medical, Veterinary & Life Sciences Ethics Committee.

14. Contact for Further Information

If you have any questions regarding your participation in this study, you can contact Karen Wetherall at (karen.wetherall@glasgow.ac.uk).

If you would like more information and would like to speak to someone who is not closely involved in the study, then you can contact:

Dr Seonaid Cleare Seonaid.cleare@glasgow.ac.uk

If you feel that you need further support, this [support sheet](#) outlines several options. If you feel you cannot keep yourself safe or need immediate help, please phone Emergency Services (999).

Thank you very much for taking the time to read this information sheet and considering taking part in this study.

Useful Resources

At some time in all of our lives, we feel down, depressed or low. If you are feeling down or are worried about something and would like to speak to someone, please see the list of organisations below. You may also wish to contact your GP or another healthcare professional.

If you think your life or someone's life is in danger you should visit an emergency department or call an ambulance.

Emotional Support or Crisis Helplines directory

This link details helplines in different countries based on what type of support you are looking for. <https://findahelpline.com/i/iasp>

NHS 111. Health Information and Self Care Advice

NHS 111 provides comprehensive up-to-date health information and self-care advice for people. If your GP surgery is closed and you can't wait until it opens, you can call 111. They will direct you to the right care for you or the person you are calling for.

Tel: 111 www.nhs24.scot www.111.nhs.uk

Samaritans

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Tel: 116 123 www.samaritans.org/uk

PANDAS (Pre and Postnatal Depression Advice and Support)

PANDAS offers those in the pre- or postnatal period help and support. Helpline open 11 am–10 pm daily

Tel: 0808 196 1776 <https://pandasfoundation.org.uk/>
info@pandasfoundation.org.uk

Breathing Space

Breathing Space is a free and confidential phonenumber service for any individual, who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to. The phonenumber is open 24 hours at weekends (6pm Friday - 6am Monday) and from 6pm to 2am on weekdays (Monday - Thursday).

Tel: 0800 83 85 87 www.breathingspacescotland.co.uk

Penumbra

Penumbra is a Scottish mental health charity, working to improve mental wellbeing across the nation. They provide a wide range of services which offer hope and practical steps towards recovery. Penumbra offers a variety of services to support those experiencing mental ill health.

Tel: 0131 475 2380 www.penumbra.org.uk