

Information Sheet: Using co-design to promote perinatal mental wellbeing

The Village Community Project: Using co-design to promote community perinatal mental wellbeing through community support and peer mentorship.

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Thank you for indicating your interest in this project and for taking the time to read this Information Sheet.

What is the project about?

Having a baby can be a time of great joy and excitement, but also very physically and emotionally demanding. A positive transition can contribute to the mother's confidence and well-being. The Village Foundation is partnering with the University of South Australia to undertake a project aimed to develop resources to support new mothers. This project hopes to support women in this transitional time by designing and piloting a program to promote positive mental well-being for mothers and assist women to connect with other mothers. Specifically, this study aims to engage mothers to help design a peer mentoring program. Your participation and feedback will contribute to developing this program.

What does the project involve?

We are looking for women who have had a baby in the last 5 years to participate in three conversational style workshops at the (*insert venue name*). In this workshop you will contribute to the design of the peer mentoring program by having discussions with the workshop facilitators. We will also be inviting several representatives with experience in community programs and/ or peer mentoring to participate. The workshops will run for approximately 2 hours each time. Refreshments will be offered during this time.

If you decide to participate in the workshops, you will be asked to provide written consent at the beginning of the workshop and to complete a short anonymous questionnaire. The questionnaire will collect some general information about yourself such as your age, gender, postcode, and number of children.

Inclusion criteria

- Over 18 years of age
- Have had a baby in the last 5 years

Will it cost anything?

There is no cost to be involved in this study, however there is a once off \$25 gift voucher in recognition of your time and contribution for participation in the project.

What do I need to do to participate?

If you are willing to participate in this project, please review the project website (<url xxxx>) which will explain the project further and introduce you to the project team. You will also be able to read and download an expression of interest form, which you will need to complete via the website. All details will be kept confidential. Once you have done this the project officer Cathy Stoodley will follow up your interest with an email or phone call.

What if English is not my first language

The research will be conducted in English, translations of key documents and the presence of bilingual adult support person and use of official interpreters will hopefully address the diverse language needs of participants. However, participants whose language needs cannot be accommodated by the bilingual support person or interpreters will not be able to participate in the study.

Will the study have any risks?

There are no known risks involved in this study, however if you do feel distressed at any point you should make contact with your GP. Additionally, we have provided contact details for Beyond Blue and Lifeline within this information sheet.

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Voluntary Participation - can I withdraw from the study?

It is completely up to you whether or not you participate. Participation in this project is voluntary and you may withdraw from it at any stage. If you wish to withdraw from the study once it has started, you can do so at any time without having to give a reason.

What about privacy?

All records containing personal information will remain confidential and no information which could lead to identification of any individual will be released except in the case of a legal requirement to pass on personal information to authorised third parties. This requirement is standard and applies to information collected both in research and non-research situations. Such requests to access information are rare; however, we have an obligation to inform you of this possibility. The data collected from the workshop and pilot survey will be stored on a secure University of South Australia data management system and password protected. The data from the short demographic survey and workshops will be deidentified for analysis.

This project has also been approved by the University of South Australia's Human Research Ethics Committee (Ethics Protocol XXXXX). If you have any questions about being a research participant in general or should you have any concerns or complaints about any aspect of the project or the way it is being conducted, please contact the Executive Officer of this Committee – humanethics@unisa.edu.au / tel: +61 8 8302 6330.

If you have any question about the study or you would like to discuss the information sheet, please contact Cathy Stoodley on 0430346633 or via email on cathy.stoodley@unisa.edu.au

Contact details if you feel distressed or need support

Beyond Blue: 1300 224636

<http://www.beyondblue.org.au/the-facts/pregnancy-and-early-parenthood>

Life Line: 131114