 

**SBF** Strengthening Babies’ Futures through evidence-based community action

**INFORMATION SHEET for NHS, Intervention – Version 2 – 07/08/2015**

# What is the purpose of the research?

We are working on a new project of support to new mothers by using resources in the community working with local health services, which is called “Strengthening Babies’ Futures through evidence-based community action” parenting project (or SBF for short). This project includes a weekly social support group called MumSpace where you can meet and share your experiences of pregnancy and parenting with other new mums, free fun and educational activities for you and your child. We will work with you to arrange workshops, if you wish to attend, for you and a partner about: pregnancy, baby development, parenting, community leadership and other topics of interest to the participants. A small study has already shown that a project such as this is beneficial for new mothers by ensuring better social support and improving information about health related topics and reducing stress. We are now planning to run this service on a larger scale and test if it would work. Participants will be compared to another group who will not be having the intervention. We would like to invite you to take part in this research project as you have expressed an interest to do so.

# Can I find out more?

Yes. Ask your clinical and/or research midwife. We can tell you more about joining in on the phone, or we can meet you to tell you more. You can also talk to other mothers who are already joining the project of support. You will be given at least 24 hours to think about whether or not to take part in the SBF project.

# What will happen if I decide to take part?

If you decide to take part in the project of support, you will be invited to regularly attend the MumSpace group (30 sessions of 90 minutes) and educational workshops (20 workshops of 60 minutes) as above, during pregnancy and after your baby is born (over 30 months). You will also be asked to complete additional questionnaires about you and, later, about your baby.

During pregnancy, these include questions about your:

* *Mood and feelings (eg. how is your concentration, if you feel low, anxious, stressed, and are able to relax);*
* *Knowledge about health and healthcare-related topics;*
  + *Thinking-style (eg. how frequently you have positive thoughts);*
  + *Groups and social networks you can access, and level of support you can obtain from them (eg. how included you feel in your community);*
  + *Quality of bonding with your baby;*
  + *General health information (ie. information about you and your baby collected by your clinical midwife);*
  + *Money management (ie. your budgeting, saving, investing, and spending’s behaviours).*

After you baby’s birth, you will be asked to repeat the above measures, as well as answer questions about interactions between you and your baby, and your baby’s social, emotional and language developments. These involve:

* + *Questions about your behaviour, attitudes, feelings towards your baby, and your feelings about your role as parent;*
  + *Questions about the services used by you and your baby;*
  + *Observing and scoring your baby/toddler’s behaviour;*
  + *Assessing you toddler’s language development, using pictures and objects;*
  + *Feedback about facilitators, obstacles, what helped and what did not help in the project.*

We will also ask questions to see what you think about the programme, which include questions about any obstacles, solutions and facilitators, benefits, downsides and lessons learnt by being involved in the project.

We will ask you to complete the questionnaires at different time points.

You will be offered a gift voucher value £30 as a recompense for your time completing the measures, at each of the time-points.

If taking part in the SBF project will involve travelling expenses, these will be refunded.

The table below summaries what the additional questionnaires cover and when you will be asked to complete them:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **WHENWE FIRST SEE YOU (BASELINE)** | **6 MONTHS**  **after birth** | **10 MONTHS**  **after birth** | **15 -18 MONTHS**  **after birth** | **CHILD’S BIRTH** |
| **MEASURES TO BE TAKEN** | **8 Measures**  **˜** *Mood & anxiety ;*  **˜** *Knowledge about health & health services;*  **˜** *Positive thinking;*  **˜** *Money management;*  **˜** *Social support & resources;*  **˜** *Maternal bonding (prenatal);*  Approximate completion time: **2 hours** | **8 Measures**  **˜** *Mood & anxiety ;*  **˜** *Knowledge about health & health services;*  **˜** *Social support & resources;*  **˜** *Maternal bonding (postnatal);*  **˜** *Parent-toddler interaction;*  **˜** *Service use.*  Approximate completion time: **2 hours** | **6 Measures**  **˜** *Mood & anxiety.*  **˜** *Money management ;*  **˜** *Social support & ‘what helped/did not help’;*  **˜** *Qualitative interview (obstacles & facilitators).*  Approximate completion time: **1 hour** | **9 Measures**  **˜** *Mood & anxiety ;*  **˜** *Knowledge about health & health services;*  **˜** *Positive thinking ;*  **˜** *Social support & resources ;*  **˜** *Parent-toddler interaction;*  **˜** *Baby’s social, emotional & language development.*  Approximate completion time: **3 hours** | **Routine outcome measures** |
| **WHO BY** | **Your Researcher Midwife** | **Your Researcher Midwife** | **Your Researcher Midwife** | **Your Researcher Midwife** | **Your Researcher Midwife** |
| **WHERE** | **Community settings** | **Community settings** | **Community settings – by phone** | **Community settings** | **Midwifery clinic** |

Participation in MumSpace groups and attending health education workshops, and completing the questionnaires in the table above, are all part of the research and extra to – additional to – standard care that you will be receiving from midwives, health visitors, and from other health professionals as appropriate. Standard care is tailored to individual needs. It includes antenatal visits with a midwife during pregnancy and in the week or so after baby is born. After this Health Visitors offer new birth visits which include advice on feeding, weaning and dental health, parenting support and advice on family health and minor illnesses, physical and developmental checks, and provide families with specific support as appropriate, again tailored to individual needs.

# Why have I been asked to take part?

You have been asked to take part because you are pregnant or you had a baby, and you live in Camberwell or Walworth.

# Do I have to take part?

No. It is up to you whether or not to take part in the project. If you decide to take part, you will be given this information sheet to keep and asked to sign a form giving us your permission to be in the project, as well as that of your baby. You can still change your mind at any time and withdraw without giving a reason. A decision not to take part, will not affect the care you or your baby receive now or in the future. You will be asked if we can keep the information you have already given us.

If you no longer want to carry on with the project, we would like to still keep the information you have already given us if this is possible, but we will check this with you. If you would like us not to keep any information at all about you, we will destroy all our copies of the information you have given us. This will not affect any other care you might be offered, or your rights in any other way.

# Will my and my baby’s taking part in the project be kept confidential?

All information that is collected about you and you baby during the course of this project will be kept **strictly confidential for up to 12 months**. Data will be then anonymised: your baby’s name and yours will be removed from any information taken so that you and your baby cannot be recognised from it. Questionnaires will be stored securely and made accessible only to the research team. Should you give any information relating to your own or your child’s safety, which requires action, we are legally obliged to act on this information, and to pass this information on to services that are able to deal with these concerns, which may include your GP and Social Services.

# What are the benefits of taking part?

This project is designed to measure how well the project works in helping new mothers by improving the quality and availability of social support during pregnancy and early childhood, reducing stress and increasing knowledge of healthy behaviours. Participating in the project will support you to make friends and have a supportive place for you to share your experiences and learn from other parents. Through attending the MumSpace

workshops, you will learn from professionals about pregnancy, baby development, parenting, community leadership and other topics of interest to the participants. Through the project you will also learn about other services and activities in your community. Your child will benefit from your increased knowledge and from interacting with other children by participating in play and stimulating activities. If the results show that the project works well, it is possible that the project will be offered on a larger scale to mothers living locally and elsewhere in the country. Your involvement may therefore be of benefit in developing more widely available and effective help for mothers. We will also be able to provide all the participants with a general summary of our research, when the project is complete, through a project newsletter.

# What are the possible risks of taking part?

We do not anticipate any risk in participating in this study. Some participants may find some of the questions in the questionnaires distressing. There will be a research midwife available while the participants complete the questionnaires who can provide support should any signs of distress occur. Data collection can be paused at any point and participants can be offered the opportunity to complete the forms on another occasion or withdraw from the research entirely.

# What if there is a problem?

If you have a concern about any aspect of this project, you should ask to speak to the researchers who will do their best to answer your questions. Please contact Dr. June Brown: [june.brown@kcl.ac.uk](mailto:june.brown@kcl.ac.uk); 020 7848 5004.

If you have a complaint, you should talk to your research midwife who will do their best to answer your questions. If you remain unhappy, you may be able to make a formal complaint through the NHS complaints procedure. Details can be obtained through the Guy’s and St Thomas’ Patient Advisory Liaison Service (PALS) on 0207 1887188, address: PALS, KIC, Ground floor, north wing, St Thomas’ Hospital, Westminster Bridge Road, London, SE1 7EH.

# What will happen to the results of the project?

We plan to publish the results of this project in local meetings which we hope you will help us plan, and in scientific journals. We will also present the findings at conferences on health. You and your baby will not be identified in any report/publication. We sometimes use quotes from participants when we write about the research. In this case we will tell you what we want to write and where it will be seen and check that you agree.

# Who is organising and funding the project?

This project has been funded by Guy’s and St Thomas’ Charitable Foundation. The research is being led by Prof Derek Bolton, Dr Crispin Day and Dr June Brown, who are all Clinical Psychologists in the South London & Maudsley NHS Foundation Trust, and at the Institute of Psychiatry, Psychology & Neuroscience, King’s College, London; Ms Jummy Dawodu, Head of

Universal Children's Services and of Nursing, and Ms Nina Khazaezadeh, Consultant Midwife, in Guy’s and St. Thomas’ NHS Foundation Trust.

# Who has reviewed the project?

The project has been reviewed and approved by the London-Fulham Research Ethics Committee, reference number 15/LO/1227.

# Contact details:

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