**Combined Participant Information Sheet and Consent Form for Anonymous Online Surveys for Adult Participants**

**Study Title:** A service evaluation of an online antenatal breastfeeding package developed during the COVID-19 pandemic as an alternative to face-to-face classes.

**Researcher(s):** Eleanor Picton

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**Ethics/ERGO no:** 65106

**Version and date:** Version 1 24/06/2021

**What is the research about?**

My name is Eleanor Picton and I am a second year Student Midwife at the University of Southampton in the United Kingdom. I am interested in understanding your experience with the Online breastfeeding education package created by Princess Ann Hospital, which was put together as an alternative to face-to-face antenatal education which was cancelled due to the covid-19 pandemic.

I am inviting you to participate in this service evaluation which includes research to find out in depth how women who accessed the online breastfeeding education via Google Classroom evaluate this service. This service evaluation will allow me to understand how online antenatal education can be delivered effectively, by bringing light to the problems and the improvements this course may benefit from. There is currently very limited research available in regard to how the Covid-19 pandemic has affected antenatal breastfeeding education.

This study was approved by the Faculty Research Ethics Committee at the University of Southampton. ERGO number 65106.

**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 the questionnaire, you will need to tick 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.

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

You have been asked to take part because you accessed the online breastfeeding education package on Google Classroom whilst you were pregnant, but you have now had your baby. You must have access to a device with internet access as this is an online questionnaire. I am aiming to recruit around 150 participants for this study.

**What information will be collected?**

The questions in this survey ask for information in relation to the birth of your baby and how you evaluate the online breastfeeding course. The questionnaire contains some questions which may be considered distressing to some people, for example “Was your baby admitted to the Neonatal Unit?”. Questions around the type of delivery will also be asked. Please find the contact details of local and national support services at the end of this document.

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.

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

If you decide to take part in this study, you will not receive any direct benefits; however, your participation will contribute to knowledge in this area of research.

**Are there any risks involved?**

There is a possibility that taking part in this study could cause you some phycological discomfort and/or distress. If this happens, you can contact the following resources for support:

Local support

* [Patient Advice and Liason Services (PALS)](https://www.uhs.nhs.uk/ContactUs/Patient-support-services/Patientsupportservices.aspx) are a local free service which works to support patients if they need advice, wish to raise a concern, or have a problem or complaint. PALS are available 9am-4pm Monday to Friday on 02381206325, pals@uhs.nhs.uk or text “callback” plus your name and numbers to 07879667350. It is also possible to visit PALS in person at Southampton General Hospital C level. The PALS ward liaison nurse can also support patients by visiting wards and clinical areas.
* [Birth Afterthoughts](https://www.uhs.nhs.uk/OurServices/Maternityservices/Departments-and-services/Birth-afterthoughts-service.aspx) is a service provided by the Local Trust which allows women to arrange a one-hour long appointment with a Birth Afterthoughts midwife to talk through their birth experience. This gives women the opportunity to have any questions answered that they may not have previously asked. Due to Covid-19, this service is currently not offering face-to-face appointments. However, they are offering a telephone consultation or a virtual meeting via Attend Anywhere (similar to Zoom). For more information and to book an appointment, call 02381206834.
* [Hampshire lanterns](https://hampshirelanterns.com/about-us/) is a peer-led group made up of local mums who experienced mental health problems during the perinatal period. There are options to access support via their Facebook group or attending informal group meetings.
* [Birth Trauma Hampshire](https://www.birthtraumahampshire.co.uk/) is a local birth trauma resolution therapy based in Southampton. This service is private and incudes costs; however, they do offer a low-income service where costs are reduced.

National support

* [Steps 2 Wellbeing](https://www.steps2wellbeing.co.uk/contact_us/) is a free confidential psychological therapy service for adults aged 18+. People who access this service may experience conditions such as: depression and low mood, anxiety, obsessive compulsive disorder, post-traumatic stress disorder, specific phobias, panic disorders and more. A self-referral can be made on their website or by calling on 08006127000 (this number is for those who are registered at a Southampton GP).
* [iTalk](https://www.italk.org.uk/) is a free service for individuals over the age of 16 suffering with depression, anxiety, or stress. A self-referral can be made on their website. Those who are registered with a GP in the following areas can access support: Basingstoke, Bordon, Eastleigh, Fareham, Gosport, Havant, the New Forest, Petersfield, Romsey, Andover and Winchester.
* [Birth Trauma Association UK](https://www.birthtraumaassociation.org.uk/for-parents/getting-help) is a charity that supports women who have suffered with birth trauma.
* [PANDAS Foundation UK](https://pandasfoundation.org.uk/) is a charity that supports and provides advice to parents who are experiencing perinatal mental illness.
* [Firgrove](https://thefirgrovecentre.org.uk/) is a charity that supports those who have suffered a miscarriage and baby loss.
* [The Samaritans](https://www.samaritans.org/) is a free 24/7 crisis hotline. Call on 116123.

Support for dads and partners

* [Birth Trauma Association for partners/fathers.](https://www.birthtraumaassociation.org.uk/for-parents/fathers-partners-page)
* [Best beginnings out of the blue](https://www.bestbeginnings.org.uk/out-of-the-blue).
* [Fathers Reaching Out.](https://www.reachingoutpmh.co.uk/)
* Dadpad is an app that can be downloaded on the Apple store or android play store.
* PANDAS for Dads is a support Facebook group.

**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 to a secure server. In addition, the qualitative data collected from the free textboxes in the questionnaire will be quoted in the summary reports. Only the researcher and their supervisor will have access to this information.

The information collected will be analysed and written up as part of the researcher’s dissertation and presented to the Local NHS Trust.

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.  The estimated date for publishing the final report of this service evaluation is May 2022.

**Do I have to take part?**

You do not have to take part in this service evaluation. If you decide you would like to take part, you can withdraw at any point during the questionnaire, however, once the questionnaire is submitted it cannot be withdrawn. This is because the questionnaires are anonymous and cannot be identified once submitted.

**Where can I get more information?**

Researcher: Eleanor Picton, ep6g19@soton.ac.uk

Research supervisor: Lesley Turner, 023 8059 7881or L.Y.Turner@soton.ac.uk,Building 67,Faculty of Environmental and Life Sciences, School of Health Sciences, University of Southampton, Highfield Campus, Southampton, SO17 1BJ.

**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, 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.