



Information Sheet about taking part in research conversations

What is this research about?

We know that parents of any age can experience mental health problems, but we are interested in the experiences of younger parents.

We are doing some research to help understand how local services can best support young mothers and birthing parents' mental wellbeing during the perinatal period (this is during pregnancy and one year after birth).

We would like to hear about your experiences of help and support. This includes positive and negative things, and ideas on how to improve support for parents. We would also like to understand if and how support has helped you. We want to hear about any changes that have happened because of the help you have received.

Who is carrying out the research?

This research is being conducted by a team of researchers from the University of

York and University of Oxford, maternal and perinatal mental health service professionals and women with experience of being a young parent.

Why have I been invited to take part?

You have been invited because you are a young parent receiving support through a community service. We would like to talk to about 10 people about their experiences in this service. We are also speaking with people in three other community services which provide support for young parents.

What will happen if I decide to take part?

If you decide that you would like to have a conversation, we will arrange a suitable time to chat with you. We can talk with you over the phone or online over Zoom, at a time that suits you. If you prefer, we can also chat with you via email or WhatsApp, including using voice notes. We will speak with you three times. We will have a conversation with you when you first get in touch and then after three months and nine months.

The first conversation should last about 45- 60 minutes and the two conversations after this will last about 30-45 minutes.

We will ask you if it is OK for us to audio-record the conversation. If you do not want us to do this, we can take written notes.

Beth or Ruth, who work on the research, will be asking you some questions about your experiences of being a parent and

any help and support you receive. We will also chat with you about how the support has helped you and any changes that have happened because of the help you have received.

Before each interview, we will also ask you to complete some questions online asking your well-being and mental health. This should take about 10 minutes. There are no right or wrong answers to these questions.

If you don't get chance to answer these questions before the conversation, we can do it together. If you do not want to answer them, you can still take part in the research.

We will give you a £20 shopping voucher as a thank you for your time after each conversation.

What can you do to support me to take part?

For some people, talking with a researcher or answering questions online may cause some anxiety. Arranging an interview around your schedules, especially with a young baby, might be hard. To help with this, we are offering:

- A range of ways to take part. The interview will take place either over a video call (for example using Zoom), on the phone, over emails, or using WhatsApp messages or voice notes.
- You can let us know if there is anything we can do to help you feel more comfortable and we will do our best to help you.
- You choose the location, somewhere you feel comfortable and safe.
- You can take breaks anytime.

- You can ask to see the questions before our conversation.
- You can stop the interview anytime or say if you don't want to answer a question.
- You can rearrange the interview if something happens that means you can't make it and we will understand.
- We can cover childcare costs for you to take part in the interviews.
- Someone can accompany you to interviews.

Do I have to take part?

No. It is up to you. If you did choose to take part, you can change your mind without giving a reason. Taking part or not will have no impact on the services or support that you receive now or in the future. You could also ask for your conversation or answers to the questions about your mental health not to be used in the research up to two weeks after it has been completed by contacting Ruth or Beth (see below for contact details).

What are the benefits of taking part?

At the moment there is not much research where young parents talk about their experiences of support. We think it is important that parents are given the chance to talk about their experiences. What you share might help us understand how to improve support for others in the future.

We also think it is important to find out whether young parents experience any changes as a result of being supported, for example, improved mental health or wellbeing.

Will anyone else know that I am taking part in the research?

We will not tell anyone you have taken part in the research. Any information you share with us will be anonymised. This means we will remove anything that could identify you, such as your name. What you share with us will be saved on the University of York secure file server (see GDPR information below for further details). Your details will be kept confidential and not shared with anyone.

There are limits to this. If you told the researcher that you or somebody else was going to harm themselves or others, we would have to share this. If this happened, we would talk to you first if possible before telling the appropriate person about this (for example, the staff member who supports you at this service).

The recordings will be deleted when the study is over, but the typed conversation will be kept.

What happens at the end of the research?

What you tell us will help us to let others know what is going well and what needs improving for young parents to help other community services which offer support. We will also share what you have told us in academic papers, reports and at conferences, but we will not include your name.

Who has reviewed the research?

The research has been approved by the School of Business and Society Research Ethics Committee at the University of York.

What do I need to do next?

If you decide that you would like to take part in the research, please let the staff member know and with your permission, they will pass on your contact details to Beth or Ruth. Ruth or Beth will then get in touch to discuss the research and answer any questions. If you decide to take part, you will need to complete a **Consent Form for Young Parents**.

If you are under 16, an appropriate adult, such as a parent or carer will need to agree and complete a **Consent Form for Parents and Carers**. They will decide if taking part in this research is a positive and safe activity for you. With your permission, we can send information about the study to your appropriate adult. If you want, you can have a chat about the study and your decision to take part with them. This is up to you.

If you have any questions, you can contact Beth Casey or Ruth Naughton-Doe at the University of York on 07385 955608 (call, text or WhatsApp) or email: sw-perinatal-research@york.ac.uk

What can I do if I have any concerns about the study?

If you have any concerns about the study you can contact Professor Martin Webber martin.webber@york.ac.uk at the University of York in the first instance.

Thank you for finding the time to read this information sheet.

Data Information sheet

The purpose of this data information sheet is to explain how your data will be used and protected, in line with the General Data Protection Regulation (GDPR).

On what basis will you process my data?

Under the GDPR, the University must identify a legal basis for processing personal data and, where appropriate, an additional condition for processing special category data. In line with our charter which states that we advance learning and knowledge by teaching and research, the University processes personal data for research purposes under Article 6 (1) (e) of the GDPR:

Processing is necessary for the performance of a task carried out in the public interest .

Special category data is processed under Article 9 (2) (j):

Processing is necessary for archiving purposes in the public interest, or scientific and historical research purposes or statistical purposes

Research will only be undertaken where ethical approval has been obtained, where there is a clear public interest and where appropriate safeguards have been put in place to protect data. In line with ethical expectations and to comply with common law duty of confidentiality, we will seek your consent to participate where appropriate. The legal basis for processing your data will be the GDPR.

How will you use my data?

Data will be processed for the purposes outlined in this notice and in the main information sheet. All conversations, interviews and focus groups will be audio-recorded (with consent). The device used for audio-recording will be password protected; the audio file will be transferred to the secure password-protected University of York files server at the earliest opportunity and then deleted from the recording device. The audio-recording of the conversations, interviews and focus groups will be transcribed and anonymised by the researcher. Anonymised findings will be

analysed and used to evaluate the community-based research sites providing support for young mothers. A research paper and other outputs will be prepared for submission to an academic journal.

How will you keep my data secure?

The University will put in place appropriate technical and organisational measures to protect your personal data and/or special category data. For the purposes of this project we will ensure that all audio files and transcripts are password protected and saved onto the secure University of York files server. Information will be treated confidentiality and shared on a need-to-know basis only. The University is committed to the principle of data protection by design and default and will collect the minimum amount of data necessary for the project.

Will you share my data with third parties?

Data will only be accessible to the research team at the University of York; only the anonymised findings will be shared with others. We will request that other researchers have access to the anonymised transcripts for future research, but you will have the opportunity to opt out of this at the consent stage.

Will I be identified in any research outputs?

You will not be identified in any research output. Names or other potentially identifying information will not be used. Consent will be required for us to use direct quotes in publications, but these will be untraceable back to participants. Participants do not have to consent to this.

How long will you keep my data?

Data will be retained in line with legal requirements or where there is a business need. Retention timeframes will be determined in line with the University's Records Retention Schedule. Anonymised transcripts (with all personal names removed) will be kept for ten years from the end of the study; electronic copies of consent forms and audio recordings of consent will be kept for three years from the end

of the study; audio recordings of the interviews will be securely destroyed at the end of the study.

What rights do I have in relation to my data?

Under the GDPR, you have a general right of access to your data, a right to correction, erasure, restriction, objection or portability. You also have a right to withdrawal. Please note, not all rights apply where data is processed purely for research purposes. For further information see, <https://www.york.ac.uk/recor>

[ds-](https://www.york.ac.uk/recor)
[management/generaldataprotectionregulation/individualsrights/](https://www.york.ac.uk/recor). For this particular study, you have the right to withdraw your data up to two weeks after your interview has taken place.

Questions

If you have any questions about this participant information sheet or concerns about how your data is being processed, please contact the study researchers Dr Beth Casey (beth.casey@york.ac.uk and Ruth Naughton-Doe (ruth.naughton-doe@york.ac.uk) at the University of York in the first instance. If you are still dissatisfied, please contact the University's Data Protection Officer at dataprotection@york.ac.uk.

If you are unhappy with the way in which the University has handled your personal data, you have a right to complain to the Information Commissioner's Office. For information on reporting a concern to the Information Commissioner's Office, see www.ico.org.uk/concerns.