



Improving Perinatal Support for Young Mothers and Birthing Parents Research Study

**Information about taking
part in conversations
with researchers**



Summary

There is not much research where young parents (aged under 25) talk about their experiences of receiving support. **We know it is important that we listen to parents to learn about their experiences.** This includes what support is helpful and what is not.

We are doing some research to learn how local services that are provided by community, voluntary or charitable organisations (not NHS services) can best support the mental wellbeing of young mothers and birthing parents during the perinatal period (this is during pregnancy and one year after birth).

We are asking parents to have a conversation with a researcher (Beth Casey or Ruth Naughton-Doe). This will be about your experiences of help and support as a young parent. 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. **We will speak with you up to three times.** We will have a conversation with you when you first get in touch and after three months and nine months.

We can talk with you on the phone or online over Zoom. It is up to you. The first conversation should last about 45-60 minutes and the two conversations after this will last about 30-45 minutes.

To make it easier for us, we will ask if it is OK to record the conversation. If you don't want to be recorded, we can write down what you say. If you prefer, you can send us your answers by WhatsApp or email or audio record them.

Before each interview, we will also ask you to complete some questions online asking about your well-being and mental health. It should take about 10 minutes. You can still take part in the interviews if you do not want to answer these questions.

To thank you for taking part, we will give you a £20 shopping voucher after each conversation. We can also cover childcare costs to help you take part.

To help other services who support young parents, we will write about what parents have told us, but your name will not be used. **You do not have to take part if you don't want to.**



We want our study to be as inclusive and accessible as possible for people with different needs, experiences, disabilities and backgrounds.

Please let us know if you have any questions or need help to take part.

Beth and Ruth are based at the University of York

If you have any questions or want to take part, you can contact them on **Beth on 07385 955608** or **Ruth on 07355 624309** (call, text or WhatsApp) or email: **sw-perinatal-research@york.ac.uk**

If you'd like us to contact you about taking part, please complete this form:

https://york.qualtrics.com/jfe/form/SV_8wbWB6TxszKzmOq

You can read more about the research in the detailed information sheet or by visiting our website:
www.perinatalsupport.co.uk