

Information Sheet: Digital Capture My Mood

Digital Capture my mood: Development and evaluation of a prototype digital tool for women to self-monitor their mental wellbeing during the perinatal period

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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 study about?

Having a baby can be a time of great joy but it can also be very demanding, physically, and emotionally. This project hopes to support women in this transitional time by designing and piloting a digital tool that enables women to monitor their own mental wellbeing during pregnancy and early parenting. It may assist women to identify any changes in their mental wellbeing. The aim of this pilot study is to engage women in the design of the digital tool and to test if this tool, based on a paper-based version called "Capture My Mood," is useable and beneficial. The digital tool has been turned into a prototype App and has been renamed 'Yourtime'. Your participation and feedback are valuable in determining if this new digital tool will be useful in the future.

What does the study involve?

There are three ways for you to be involved in the study. You will only be able to participate in **one** option and must be over 18 years of age.

- We are looking for women who are pregnant or have given birth in the last 12 months who will be willing to use 'Yourtime' over a four-week period. You will need to use the App 3 times each week for 4 weeks. Using the App will only take a few minutes each time. You will also be provided information about supporting positive mental wellbeing. Once you have signed a consent to participate you will be emailed a link to the digital App and instructions. At completion of the 4 weeks you will also be provided a questionnaire to complete about your experience using the "Yourtime".

Will it cost anything?

There will be no payment for participation in the study.

What do I need to do to participate?

If you are willing to participate in this project, please visit the project website yourtimeinc.com which will explain the research further and introduce you to the project team. You will also be able to read and download a consent form which you will need to sign and return to the researcher via the website. Once you have done this you will then be able to select which option you would like to participate in. A research assistant will follow up your interest with a phone call.

Will the study have any risks?

There are no known risks involved in this study. As you complete the digital tool you will be provided education prompts to guide you in how to support your wellbeing. Additionally, we have provided contact details for the Women's and Children's Hospital Assessment Unit, Beyond Blue and Lifeline within this information sheet and on the website.

Voluntary Participation - can I withdraw from the study?

Yes, it is completely up to you whether or not you participate. 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 while using the digital "Yourtime" App will be stored on a secure University of South Australia data management system and password protected. The data from the tool and the questionnaire will be deidentified for analysis.

This study has been reviewed by the University of South Australia Human Research Ethics Committee. If you wish to discuss the study with someone not directly involved, in particular in relation to policies, your rights as a participant, or should you wish to make a confidential complaint, you may contact the Executive Officer of this Committee, Tel: 08 8302 3118; Email: vicki.allen@unisa.edu.au.

If you have any question about the study or you would like to discuss the information sheet, please contact Dr Lois McKellar on 0424450333 or via email on lois.mckellar@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>

WCHN Women's Assessment Service: (08) 8161 7530

Lifeline: 131114