Planning mode of birth in routine antenatal care - development of a decision aid (Plan-A)

Workshop-Participant information sheet

We would like to invite you to take part in our workshop. Before you make up your mind, we want to make sure you know why we're doing this study and what it means for you to be a part of it. Please read this information carefully, and feel free to talk it over with anyone you like.

Why are we doing this study?

These workshops will explore how the Plan-A decision aid, which has been developed to help women decide how they want to give birth: either through a planned vaginal or a planned caesarean birth, works for people. We want to hear what you think about how it looks and how easy it is to use. We also want to find out how much time it took for you to find information and how comfortable you are with the wording that has been used. We want to find out if you found it user-friendly, accessible, appealing, and trustworthy. Additionally, we want to know your thoughts on our guideline for making this tool available (implementation strategy) in the NHS. This will include how we plan to address what human resources are needed to make the decision aid available, how you are guided to it, maternity staff skills required and how staff act towards the tool. We also want to find out how useful the decision aid has been in meeting your information needs and helping you to prepare for a conversation with your healthcare provider. Your opinions will help us make sure we can share the tool in the best possible way. The Plan-A mode of birth decision aid is meant to help women+/- their partners talk with their doctors about how they plan to give birth, so it is really important for us to know how helpful you find it for making these decisions.

The term 'women' as used here is intended to be inclusive of all who give birth. Please see the Plan-A website (Plan A | Aberdeen Centre for Women's Health Research | The University of Aberdeen (abdn.ac.uk)) for our statement on use of language in the Plan-A study.

Who can take part/why have I been chosen?

The workshops are for women who are currently pregnant, planning a pregnancy, their partners, and parents of children up to 10 years of age. Some workshops will also include midwives and obstetricians who directly support birth plans. We want to find out what you think about the decision aid and the guidelines that we have written.

What will happen to me if I decide to take part?

If you want to take part, you will be invited to attend one or more workshops (to a maximum of 2 workshops) with two or more researchers from the University of Aberdeen, and other participants, including other healthcare practitioners, women, and their partners, to talk about your views on the decision aid and the implementation strategy. Each workshop will last between 2-4 hours. You can choose whether you wish to take part, and you can do this with your partner, or separately. The workshops will be conducted both online and in-person. You have the option to choose whether you would like to participate virtually or face-to-face. However, please be aware that your preference will be subject to the availability of space. The online workshops will be conducted using Microsoft Teams online calling whilst the in-person workshop will be conducted in a location area close to the five Plan-A study centres (Liverpool, Lanarkshire, London, Manchester, and North Wales) or supporting charities and details will be made available once dates and locations are confirmed. The discussion will be audio-recorded and transcribed by an accredited company external to the university.

Do I have to take part?

No. It is totally your choice about whether or not you wish to join the study. If you say yes now and then decide you do not want to do it anymore, that is totally fine. You can stop anytime, and you do not have to tell us why. If you choose to stop taking part, and are currently pregnant, you or your partner's care will not be impacted.

What are the benefits of taking part?

Being a part of this study might not have direct benefits for you right away, but by joining, you can help us understand how helpful the tool and the guidelines we have made really are. This can then assist us in refining the tool and guidelines in such a way that it can better help others including improving care in future pregnancies.

What are the risks of taking part?

For some individuals, talking about birth experiences including outcomes of modes of birth can be distressing. If you feel upset at any time during the workshop, you can take a break away from the workshop until you are ready to continue depending on your preference. If you are pregnant, you might want to talk to your midwife, GP, health visitor or your local patient advice and support team at the NHS hospital where you are getting care.

Will my taking part in the study be kept confidential?

All the information we gather about you during this research will be kept confidential. We will only ask for details that we need for the workshop, like how to get in touch with you. We will also ask for some other details, like your age, gender, whether you are in a relationship, your ethnicity, your religion, how long you have lived in the UK, where you live, and your

income. This will help us understand what information about birth is more important to some women than others.

The survey data will be kept on the University of Aberdeen servers. Any other information connected to the survey will be kept on computers that are password-protected and connected to the University of Aberdeen's servers. Only the people who are working on the research will be able to see it, and sometimes people who check to make sure the research is being done right will also see it. After we make sure everything said in the workshop is written down correctly, we will remove any names or initials and use special codes instead.

We will then destroy the recordings. We will make sure we do not use your name or anything else that could let people know who you are. You will not be identified in any reports or things we publish about the research.

Will I be reimbursed for my time?

As a token of our appreciation for your participation, we will provide you with shopping vouchers calculated at £25 per hour. For example, attending a 2-hour workshop will earn you £50 in vouchers. We can also provide payment to cover travel expenses.

What happens next?

If you would like to take part, please contact us by e-mail (**plana@abdn.ac.uk**) or phone (**01224 438425** during hours of 9am and 5pm Mon-Fri) to arrange a convenient time to discuss the study further, check your eligibility and document your workshop preference. Workshops can be face-to-face or using video call. The face-to-face workshops will be at a location local to you while virtual workshops will be facilitated by video calls. Please note that consent will be completed online using Microsoft forms for the virtual workshops, on paper for the face-to-face workshops and we will provide you with a copy to keep.

What will happen to the results?

The findings from the workshops will be used by the research team to help refine the decision aid (information and guidance) to support people in deciding their preferred mode of birth. The findings will also help refine the user guide for the decision aid so that NHS staff and the families they support can make use of it in the best possible way. The results and recommendations from the study will be shared in talks, publications, reports and online, to help improve care, including on the study website (Plan A | Aberdeen Centre for Women's Health Research | The University of Aberdeen (abdn.ac.uk)).

Who is organising and funding the research?

This project is led from and sponsored by the University of Aberdeen. The National Institute of Health and Care Research provides the funding. This workshop is part of a bigger Plan-A study (Plan A | Aberdeen Centre for Women's Health Research | The University of Aberdeen (abdn.ac.uk)) which is a project run by four different universities and includes eight Patient and Public involvement (PPI) panel members from all over the UK.

Who has approved the research?

This is a national study approved by the NHS Health Research Authority and NHS Research Ethics Committee (East of Scotland Research Ethics Service).

What will happen to my data?

The University of Aberdeen will take care of your information and use it in the right way. We will use the information you give us for this study and will use as little personal information as possible. We will only collect what we need. A specialist transcription company based in the UK will transcribe the recording from the workshop following the Data Protection Act 2018. Some people at the University of Aberdeen who are responsible for checking the study may see the data to make sure we are following all the rules. We will keep your personal information secure at the University of Aberdeen for five years after the study is finished, which is what the university usually does.

How will we use information about you?

We will need to use information from you for this project. This information will include your name / contact details. People will use this information to do the research or to check your records to make sure that the research is being done properly. People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead. We will keep all information about you safe and secure. Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

What are your choices about how your information is used?

- You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have. We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.

Where can you find out more about how your information is used?

You can find out more about how we use your information

- at www.hra.nhs.uk/information-about-patients/
- by asking one of the research team
- by sending an email to dpa@abdn.ac.uk, or
- by ringing us on 01224 272596. Or
- at www.abdn.ac.uk/about/privacy/

Safeguarding

If we identify any safeguarding issues, we will signpost you or your partner to appropriate sources of support including GP, health visitor or the midwife. If the researcher is informed that someone's life is in danger of harm or there has been a malpractice or misconduct, the researcher will take the necessary steps to safeguard. If a participant indicates that they are experiencing distress or displays behaviour that is suggestive of emotional distress such as crying, a Plan-A research team member will respond sensitively, such as pausing the discussion, offering for the participant to leave the workshop (in-person or online) after signposting to relevant support networks as appropriate. Additionally, if you or your partner's life is considered to be in immediate danger, the researcher will alert emergency services.

What if there is a problem?

If you wish to complain about any aspect of your involvement in this study, please contact The Chief Investigator, Dr Mairead Black (mairead.black@abdn.ac.uk) who will try to answer your questions. If you remain unhappy and wish to complain formally, you can do this by contacting the University of Aberdeen Research Governance Office (researchgovernance@abdn.ac.uk).

Thank you for reading this information and considering taking part in this study.

Dr Mairead Black and the Plan-A Team

For further information:

plana@abdn.ac.uk