

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

Easy read information leaflet



What is this study about?

This is the Plan-A study.

Plan-A is about helping pregnant women to decide between a planned vaginal birth or a planned caesarean birth.



Who can take part?

- ❖ Pregnant women
- ❖ Their partners
- ❖ Parents of children up to 10 years old



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

- ❖ First, we will check if you are suitable for the interview.
- ❖ We will then talk with you about your experiences of making childbirth decisions. We will talk about how you made/are making a choice between vaginal and caesarean birth.



❖ The talk might last for up to **60 minutes**



Either using

Telephone
Or



Video calling
Or



Face-to-face

❖ We will record our conversations, so we can remember what you say, when we want to write about it.

Do I have to take part?



No
It is up to you.

If you say no, it will **NOT** affect your care.



Are there any good things about taking part?

You will be helping us to collect and share information that may help others in the future.

What about bad things?

Talking about your birth experiences may make you feel unhappy or upset.

You can tell us if you feel sad or upset. We can stop and offer you support.



What happens to my information?

We will keep your information only to ourselves.

We will type up everything we talked about, but this will not have your name on it. A third-party company approved by the University will write down what you said.

We will not use your name in anything we write.

Thanking you for your time

To say, "thank you", we will send a £25 gift voucher to you.

We can also pay you for any travel.





Will I get any help if I take part?

We will answer any questions that you have.

If you would like to have someone with you, (such as a family member or a support worker) you can.



What happens next?

If you want to take part, please phone us at 0122 443 8425 (9am to 5pm-Mondays to Fridays) or text [07964393738].

We will call you to talk more about the study, and we can decide whether to plan a day and time for the talk.

Before the talk we will ask you, some questions using either a form or by telephone/video call to make sure that you agree for the interview to take place. This is called a consent. We will record that talk and give you a copy of that consent to keep.



How will what I say help other people?

It will help us to write information that will help women make decisions about their birth.

We will share our results so that other people can read them too.



Who is organising this study?

The University of Aberdeen



Who has approved this?

NHS Health Research Authority

and

NHS Research Ethics (East of Scotland Research Ethics Committee).

These people decide whether the research can happen or not.



Can I change my mind?

Yes. You can change your mind at any time, and you do not have to tell us why.

If you stop, you will still get your normal care and help but we will keep the information about you that we already have.



**What if I need more information?
You can check here**

- ❖ *(insert GDPR link)*
- ❖ www.hra.nhs.uk/information-about-patients/
- ❖ You can also ask one of the research team.
- ❖ You can call us on 01224272596 or text [07964393738].



What if there is a problem?

If we find out someone needs help/protection from harm, we will make sure they get the right help like seeing a doctor. If someone is in danger, the person studying will follow rules to help, we may need to call for help quickly.

If you are unhappy at any time, please tell anyone on the research team.

You can also call or text Dr Mairead Black (07964393738; mairead.black@abdn.ac.uk). She is in charge of our team.

If you are still not happy, you can complain. We will give you the details of the person to talk to.