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

The Delphi Study-Participant information sheet

Why are we doing this study?

We are doing a study called Plan-A to help women make decisions about how they want to give birth: either through a planned vaginal birth or a planned caesarean birth. We want to create a decision support tool that can help them decide, in discussion with their doctors or midwives.

Our Plan-A research team is making a list of important things for women +/- their partners to think about when deciding to plan either type of birth. These things include the risks, benefits, and consequences of each option. These are known as **outcomes**. We want to make sure that women have all the information they need to make the best choice for themselves.

An "**outcome**" is something that could happen as a result of a treatment or decision. In this case, we are looking at the outcomes that can happen with planned vaginal birth or planned caesarean birth. If women know about all the possible outcomes, it can help them make informed decisions and have better conversations with their midwife/doctor. This may lead to better experiences when giving birth.

To gather this information, we are doing a two-round online survey with an **optional** online meeting (we call this a **DELPHI** study). We will ask women what they think is important to know about each type of birth. Then, we will have a meeting to discuss the results and come to an agreement on what information is most important.

Who can take part/why have I been chosen?

We want to listen to women who are pregnant right now, those who are thinking of having a baby, and mothers with children up to 10 years old. We also want to know what their partners and the healthcare professionals taking care of them think.

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

If you want to take part, you will be asked to complete two online surveys and will be asked if you want to join a final online meeting (**consensus** meeting). You do not have to take part in the consensus meeting. Each survey may take up to 30 minutes. The online meeting will be split into two days, with a max of 4 hours each day. If you choose to take part in the meeting, you would need to join BOTH meetings (2 days). Not everyone who volunteers to take part in the final online consensus meeting will be able to attend, as numbers are limited, we will select a sub-set of individuals to take part that maximise diverse inclusivity.

Everyone (women, their partners and healthcare professionals) can use the same link. If both you and your partner want to do the surveys, each of you can take the survey on your own.

What happens next?

If you want to join, here is what will happen:

- When you click the **link** **Redcap/abdn/PLAN-A survey**, you will get to the first survey.
- Then, you will need to agree (say 'yes') to being a part of both surveys. You will then be asked some questions about yourself, like how old you are and provide your email address. We need your email address for the second survey and the optional online meeting.
- Remember, saying 'yes' to the first survey means you are also saying 'yes' to the second one. This does not mean that you do not have the right to withdraw when you want.
- We will ask you again if you want to join the online meeting.
- Saying 'yes' to join and providing information about yourself will take about 5 minutes.
- Next, you can start the first survey.
- The survey process will include looking at a set of outcomes and deciding if they are important or not to include in the support tool. More information about how to fill the survey will be provided on the survey document.
- After the first survey, in about 4-8 weeks, we will send you a link for the second round of the survey , using the contact information that you provided. We may be in touch again after the second round to invite you for the online meeting if you said you wanted to take part.
- To fill each survey may take up to 30 minutes.

- Everyone (women, partners, and healthcare professionals) can participate using the same link.

The consensus meeting

- The consensus meeting is an online meeting where people come together to talk and make decisions. This online meeting will happen over two days, and each day will last for a maximum of 4 hours.
- If you said you wanted to take part in the online meeting, we will send you a web link using the contact details that you had earlier provided. When you click on it, you will see a Microsoft form with some consent information. You can access this form using your phone or laptop.
- You will need to complete the consent form before we can send the joining details for the online meeting. The consent form is simple and will take about 5 minutes to complete.
- During the meeting, we will record the audio so we can remember what was discussed and decided.

- If you have any questions or need more info, you can email us at plana@abdn.ac.uk, call us at 01224438425 (between 9 am and 5 pm, Monday to Friday), or text us at 07964393738.

Do I have to take part?

No, it is totally your choice if you want to join this 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.

Women/partners: If you choose to stop taking part, and are currently pregnant, you or your partners care will not be impacted.

What are the benefits of taking part?

Joining this study might not give you any immediate benefits, but your participation could help us figure out the key topics to discuss when planning how a baby is born. This can then assist us in creating tools and guidelines to better help others. It might mean , improving care for women in future pregnancies.

What are the risks of taking part?

Talking about some of these things, might be distressing for some people. If you start to feel upset, you can take a break from the survey until you are ready to continue depending on your preference. If it is too hard to keep going, it is okay to stop the survey and not take part in the study anymore.

If you are pregnant, you might want to talk to your midwife, doctor, health visitor, or get in touch with the patient advice and support team at the hospital where you got or 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 survey, like how to get in touch with you. We will also ask for some other details, like your age, gender, who you are attracted to, 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. 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?

For women & partners: You will not get paid for taking part in the survey, but you will have the chance to win one of two £50 shopping vouchers. We also want to thank you for your time if you attend both online meetings. So, we will send you a shopping voucher worth £50.

What will happen to the results?

The results from this survey and meeting will help our team create a tool to assist people in deciding their preferred mode of birth. The findings could also help us write a guide for using this tool so that health workers and women can use it in the best possible way. We will first test an early version of this tool in workshops, and then in real-world situations before it is finalized. We will share our findings and suggestions in presentations, articles, reports, and

online, including on our study's website (Plan A | Aberdeen Centre for Women's Health Research | The University of Aberdeen (abdn.ac.uk)) . This is all to help improve the care that people receive.

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 Delphi study is a part of the bigger Plan-A study, which is a project run by four different universities and includes eight members of the public 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 (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. 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 need to use information from you for this project. This information will include your contact details. People will use this information to do the research or to check your records and make sure 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 get a special 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,
- by ringing us on 01224272596or
- at www.abdn.ac.uk/about/privacy/.

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).

Statement on the use of language

The term 'women' as used here is not intended to exclude those who do not identify as women. 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 gender related language in the Plan-A study.

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

This *Redcap/abdn/PLAN-A survey* will take you to the survey