

# Are you postpartum – or about to be?

Help us better understand maternal postpartum health



**Who's eligible?** We are recruiting individuals between the ages of 18 and 45 who are in the 3<sup>rd</sup> trimester of pregnancy or within the first 6 months of the postpartum period. If you're currently pregnant, we will schedule your data collection after you give birth.

**What does participation involve?** Over a single 24-hour period of your choosing, you'll be asked to provide a morning and evening saliva sample, keep a simple record of how and when you feed your infant, and complete an online questionnaire. We'll also ask you to provide two finger-prick blood spot samples, but this part is optional.

**Where?** In your own home. Materials will be mailed to you and samples will be collected by the researcher via curbside pickup.



**Will I receive compensation?** Yes, you'll be offered a \$40 Visa Cash Card or Amazon gift card (or \$50, if you opt-in to the blood collection portion). You'll also be given access to your research data (salivary hormone levels and immune profile).

**Where do I start?** To access the short online eligibility survey, visit <https://tinyurl.com/bf2020-eligibility> or contact the researchers directly for more info.

## Who do I contact?

Carmen Hové, MA: [carmenhove@ucsb.edu](mailto:carmenhove@ucsb.edu) | (360) 621-3508

Amy Boddy, PhD: [amyboddy@ucsb.edu](mailto:amyboddy@ucsb.edu) | (586) 713-8120



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