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**NEST**

**NEW DAD STUDY**

**Participant Information Sheet (PIS) – Study 1**

**Study title:** New Dad Study (NEST)

**Invitation:** We would like to invite you to take part in this research study. Joining the study is entirely up to you, but before you decide I would like you to understand why the research is being done and what it would involve for you. I will go through this information sheet with you, to help you decide whether or not you would like to take part and answer any questions you may have. This will take about 5-10 minutes. Please feel free to talk to others about the study if you wish.

The first part of the Participant Information Sheet tells you the purpose of the study and what will happen to you if you take part. Then we give you more detailed information about the conduct of the study. Do ask if anything is unclear.

**What is this study about:** We are undertaking a study to consider how best to support men as they become fathers for the first time, and how we can better support their mental health and wellbeing. Currently little is known about fathers’ experiences during their transition to fatherhood and their mental health and wellbeing needs. Findings from this study will help shape services to meet the needs of fathers during this period.

You would be eligible to take part if you are a first time father with a child under one year of age. This study will take part in the five London boroughs – Lambeth, Southwark, Ealing, Brent and Harrow. This study is part of a Clinical Doctorate Fellowship Programme funded by the National Institute for Health Research and hosted by King’s College London.

**More details about the study**

**Background and purpose**

Becoming a father for the first time can be exciting, but some men may feel anxious or worried about their new role. Fathers’ needs remain poorly understood and they may not be offered the right level of support by healthcare professionals. This study aims to gain a better understanding of first time fathers’ needs with a particular focus on their mental health and wellbeing so that we can understand how new fathers in the future can be better supported by health and other support services. Better support for new fathers may also have a positive impact on the health of their families. .

Your participation will provide valuable information to help us to better understand new fathers’ needs.

**What would taking part involve?**

If you agree to take part you will be invited to an interview with the researcher, which will last around 45-90 minutes and take place at a time and location of your choice, including over the telephone or in your home or local children’s centre. With your permission, the interview would be audio-recorded.

During this interview you will be asked to talk about your experiences of becoming a father for the first time and what support you would have liked. None of your personal details will be used after completing the interview, all information will be kept totally confidential, you will remain anonymous and no identifiable information will be published. Data collected during the study will be stored electronically on secured devices that are password protected. The audio recording will be transcribed using ‘Alphabet Transcription Specialists’ and we have a confidentiality agreement with them in place. Audio recording of your interview will be deleted once it has been analysed. The paper records (such as consent forms) will be stored in locked cabinets in a locked room at the researcher’s place of work. Data and all appropriate documentation will be stored for a minimum of 5 years after the completion of the study as per King's College London Guidance.

You are under no obligation to take part in this study, and refusal to do so will not affect your or your partner’s healthcare in any way. Your participation is totally voluntary and you are free to withdraw from the study at any time. If you withdraw from the study, we will destroy all your identifiable data, but we will need to use the data collected up to your withdrawal.

**What are the possible benefits of taking part?**

By taking part in this study you will be contributing to the knowledge and understanding of first-time fathers’ experiences and needs in relation to their mental health and wellbeing.

**What are the possible disadvantages and risks of taking part?**

During the interviews while describing the experiences of the transition to fatherhood, and the challenges this brings, it is possible that some fathers may become upset or describe worries about their feelings. In such cases, details of local support services will be provided. Some individuals may reveal facts about their own health or relationships which may need to be referred on. These may include issues relating to individual mental health, safeguarding children or couple relationships. In such cases, as a health visitor, I will make the necessary referrals to appropriate services. This will only take place if there are any significant risks of harm to an individual.

**Have patients and public been involved in this study?**

We have worked with a group of local fathers who have supported this study and helped to develop the research questions. They will continue to advise this study.

**What if there is a problem?**

If you have any questions about this study, please ask to speak to me (Sharin Baldwin) and I will do my best to answer your questions. You can also contact the Chief Investigator (Debra Bick), see details below. If you remain unhappy and wish to complain formally, you can do this through the Guy’s and St Thomas’ Patients Advice and Liaison Service (PALS) on 020 7188 8801, pals@gstt.nhs.uk. The PALS team are based in the main entrance on the ground floor at St Thomas’ Hospital and on the ground floor at Guy’s Hospital in the Tower Wing.

In the event that something does go wrong and you are harmed during the research you may have grounds for legal action for compensation against Guy’s and St Thomas’ NHS Foundation Trust and/or King’s College London but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you.

**Who has reviewed this study?**

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This study was reviewed and given favourable opinion by London - Fulham Research Ethics Committee.

**Thank you**

In appreciation of your contributions and your time, we would like to offer you a £25 gift voucher for taking part in the study.

**For further details about this project please contact:**

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**Sharin Baldwin is funded by a National Institute for Health Research (NIHR) Clinical Doctoral Fellowship, ICA-CDRF-2015-01-031.**

