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**NEST**

**NEW DAD STUDY**

**Participant Information Sheet (PIS) – Study 2 for Fathers**

**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.

Every family in England who has a child under the age of 5 years will be in receipt of visits from a health visitor. We are looking to better understand how they use a particular resource known at the Promotional Guide System to support men as they become fathers for the first time.

You would be eligible to take part if you are expecting to become a father for the first time and there is at least 3 months until your baby’s expected date of birth. This study will take part in the five London boroughs – Lambeth, Southwark, Ealing, Brent and Harrow. This study is being led by King’s College London as part of a Clinical Doctorate Fellowship Programme funded by the National Institute for Health Research and the duration of the whole project is 1st April 2016 – 31st March 2020.

**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. Becoming a parent for the first time may result in a number of lifestyle changes. While the importance of mothers’ needs during this period is more widely recognised, fathers’ needs remain poorly understood and as a result fathers may not be offered the right support by healthcare professionals. We are looking to explore views and experiences of local services offered to new fathers by health visitors, as well as well as experiences and views of fathers who opt out of these services. If fathers are better supported it also has a positive impact on their child and the mother, contributing to better public health.

In total there will be up to 50 fathers taking part in completing the study questionnaires and a further 15-20 from this group will be interviewed so that we can gain a better understanding of their experiences. Your participation will provide valuable information to us better understanding men’s needs as fathers, which can be used to redesign health services for fathers.

**What would taking part involve?**

It will involve you completing three questionnaires either online or via post using a pre-paid envelope that will be provided (one in the antenatal period and two in the postnatal period). You will be asked to complete the antenatal questionnaire before the routine health visitor contact around 8-12 weeks before your baby is due. The second questionnaire will be completed 3 months after the birth of your baby and the third questionnaire when your baby is 6 months old. Reminders to complete the second and third questionnaire will be offered in the form of an email or text message by the principal investigator.

In addition to this, you may be asked by the Principle Investigator to take part in either a one-off interview, or an observation of your Promotional Guide visit with a health visitor.

If you take part in the interview, you will be asked about your views and experiences of health services received. The interview can be carried out over telephone or face-to-face and will be audio-recorded. It is likely to last between 45 -60 minutes, and will be arranged at a time to suit you.

If you take part in the observation it will take place during the antenatal or postnatal promotional guide contact that your health visitor carries out. During the observation you will not be required to do anything. It is the health visitor who will be observed and detailed notes will be taken on the information given by the health visitor. You will however be required to give consent before this observation can take place.

Your name or personal details will not be recorded during this interview or observation, and therefore you will remain anonymous. Demographic data (such as age, ethnicity etc) will be collected for the study and all information will be kept confidential. Any identifiable information will be removed from any publications or presentations about the study. Data collected during the study will 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 you in any way. Your participation will be 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 how to better support men as they become fathers for the first-time. It will inform future studies aimed at improving services and support for new fathers in the UK.

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

In completing the questionnaires about feelings and thoughts it is possible that some fathers may have concerns about their own health and wellbeing. The questionnaires will suggest that fathers with any concerns contact their GP or NHS 111. Useful links for more information that may help, will be provided at the end of the questionnaires.

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.

**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.

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

We have worked with local fathers who have helped to develop the research questions. A fathers’ forum consisting of 5 new fathers has been set up to continue to advise this study. In designing this study, we have taken into account fathers opinions from this forum and they were involved in reviewing the Participant Information Sheet and consent form.

**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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