**

****

**NEST**

**NEW DAD STUDY**

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

**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, 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 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.

**Brief summary:** We are undertaking a study to consider how best to support men as they become fathers for the first time, with a particular focus on how we can better support their mental health and wellbeing. We will be testing the feasibility and acceptability of the Promotional Guide System on fathers, and as part of this, we would like to find out about your views of this intervention. 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 qualified health visitor, trained to use the Antenatal and Postnatal Promotional Guides and have experience of using them with fathers in practice. This study will take part in the boroughs served by London North West Healthcare Trust and Guy’s & St. Thomas’ NHS Foundation Trust. 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**

Men go through a number of complex changes when they become fathers, making the transition to fatherhood a particularly meaningful and exciting as well as a potentially vulnerable time in a man’s life. The transition to parenthood brings about a number of changes and challenges for both parents - mothers and fathers. While the importance of mothers’ needs during this period is widely recognised, fathers’ needs remain comparatively poorly understood and as a consequence, are likely to be unmet. This study aims to gain a better understanding of fathers’ needs during this period relating to their mental health and wellbeing so that they can be better supported through more appropriate services and support systems. If fathers are better supported it also has a positive impact on their child and the mother, contributing to better public health. As part of this study, an intervention known as the 'Promotional Guides System' will be implemented and its acceptability and feasibility will be tested. The national Healthy Child programme (HCP) (DH, 2009) recommends the use of promotional guides with parents antenatally and postnatally, which have been reported to be effective when used by health visitors in identifying parental needs (Davis et al, 2005). These guides include questions based around five core themes:

* Health, wellbeing and development of baby, mother and father
* Couple relationship
* Family and social support
* Parent-infant care and interaction
* Developmental tasks of early parenthood and infancy

The antenatal promotional guide is used around 4 to 6 weeks before the baby is due, and the postnatal guide around 6-8 weeks after the birth of the baby. In total there will be up to 25 health visitors interviewed so that we can gain a better understanding of their experiences of using the Promotional Guides. Your participation will provide valuable information to better understand whether this intervention is suitable to be used with fathers in its current form and acceptable to them, as well to the professionals delivering it.

**What would taking part involve?**

It will involve taking part in either a one-off interview, or an observation of your Promotional Guide visit in practice.

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.

The observation will be of one antenatal or postnatal promotional guide contact that you carry out with parents. During the observation detailed notes will be taken, and you will be asked to obtain consent from the parents for the researcher to be present prior to the visit. An information sheet will be available to explain the study to the parents.

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 this intervention aimed at improving first-time fathers’ experiences and needs in relation to mental health and wellbeing.

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

There are unlikely to be any risks to you if you decide to take part. During the interviews while describing the experience of using the Promotional Guides, it is possible that additional training needs may be identified by some health visitors. In such cases, they will be advised to discuss these needs with their line manager. In the unlikely event that any practice issues are raised, then the health visitor’s line manager will be notified of this by the chief investigator. This will only take place if there are any significant risks related to the individual’s professional practice.

If you have a concern about any aspect of this study, you should ask to speak to the chief investigator who will do their best to answer your questions (Sharin Baldwin, contact number). If you remain unhappy and wish to complain formally, you can do this by contacting the researcher’s supervisor, Debra Bick on details below.

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

A group of local fathers have helped develop the research topic and the research questions. A fathers’ forum consisting of five new fathers has been set up who will continue to advise this study as it progresses. In designing and developing this study, we have taken fathers’ views into account and the forum were involved in reviewing the Participant Information Sheet and consent form. We have also consulted local health visitors on the development of the study protocol.

**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 has been reviewed and given favourable opinion by London - Fulham Research Ethics Committee.

**Thank you**

In recognition of your contribution 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:**

Sharin Baldwin RN, RM, RHV, QN, FiHV, BSc (Hons), PG Dip, MSc

NIHR Clinical Doctoral Fellow

King’s College London

Florence Nightingale Faculty of Nursing and Midwifery/Division of Women’s Health

James Clerk Maxwell Building

57 Waterloo Road

London SE1 8WA

E: [sharin.baldwin@kcl.ac.uk](mailto:sharin.baldwin@kcl.ac.uk)

T: 07956581635

Debra Bick RM, BA, MMedSci, PhD

Professor of Evidence Based Midwifery Practice/Editor in Chief ‘Midwifery’ journal

King’s College London

Florence Nightingale Faculty of Nursing and Midwifery/Division of Women’s Health

James Clerk Maxwell Building

57 Waterloo Road

London

SE1 8WA

E: [debra.bick@kcl.ac.uk](mailto:debra.bick@kcl.ac.uk)

T: 0207 848 3641

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

