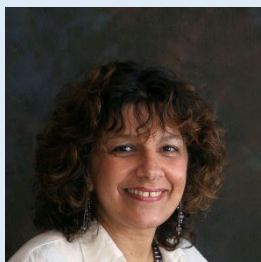


INFORMATION LETTER TO TAKE PART IN A STUDY



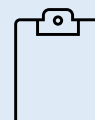
I am Prof. Angela Abela and I am writing to invite you to take part in a study that we are doing as part of the Positive Parenting Strategy. I am leading this study together with a group of researchers from the Department of Child and Family Studies, University of Malta, and health professionals from the Perinatal Mental Health Services at Mater Dei Hospital*. In this letter, you will find all the information about the study and about how you can take part.



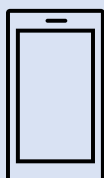
The study is about the well-being of mothers and fathers who are expecting a child or have just had a baby. We are doing this study to learn if parents welcome more specialised support during the perinatal period and whether such help is beneficial.



To do this study, we are asking parents who register for their first antenatal appointment in hospital to fill in a brief questionnaire.



1. Kindly fill in the questionnaire addressed to the **expectant mother**
2. Ask the father-to-be to fill in the questionnaire addressed to the **expectant father**
3. Bring both questionnaires with you when you attend for your first antenatal appointment at hospital
4. Give the questionnaires to Claire Zerafa, the midwife who is on the research team and is the charge midwife at the perinatal mental health services, or to her assistant.



You can also fill in the questionnaire online by typing the following the link **forms.office.com/r/zbz0uyni4R** into your internet browser or by scanning the QR code with your phone. Please note that when accessing the questionnaire online, certain data such as your IP address, may be retrievable by Microsoft.



To watch the video where the midwife explains how to fill in the questionnaire online, type **shorturl.at/xAT34** into your internet browser or visit the facebook page **Positive Parenting Malta**.



Filling in the questionnaire will take around 10 minutes.



Based on the answers of the questionnaire, the midwife may phone you for an appointment, which you will be completely free to decide whether you wish to attend.

* **The Research Team** is composed of Prof Angela Abela, Dr Ingrid Grech Lanfranco, Dr Clarissa Sammut Scerri, from the Department of Child and Family Studies, Faculty for Social Wellbeing of the University of Malta Dr Ethel Felice, Dr Rachel Buhagiar, Ms Claire Zerafa, Ms Elena Felice are from the Perinatal Mental Health Service at Mater Dei, Prof Neville Calleja from the Directorate for Health Information and Research, Ministry for Health, Dr Rodianne Agius and Prof Yves Muscat Baron from the Department of Obstetrics and Gynaecology.

The Research Officers include Ms Janice Sargent, Ms Claire Zerafa, Ms Bernice Scicluna, Ms Lynn Scicluna, Ms Lara Pace, Ms Maria Galea, Ms Sarah Zerafa, Ms Ruth Rose Sciberras, Ms Carlise Mizzi, Ms Isabelle Cassar, Ms Marie Diane Mule' Stagno, and Ms. Ariana Attard.

During the appointment, the midwife will discuss the outcome of the questionnaire you would have filled in. Your participation in the study is expected to last until the baby is born.



If you choose to participate, the questionnaire will be collected by a midwife who is on the research team of the study and works at the Perinatal Mental Health Services. This means that your identity will only be revealed to her.



When I write about the study, I will not use your name. Only the answers that you give will be used.

You do not have to take part in this study if you don't want to. If you apply to take part and then you change your mind, it will not be a problem. You can stop any time. You do not have to give reasons for not taking part or for stopping. If you do not take part, you will receive the standard service that already takes place during the first antenatal appointment.



I will act according to what Maltese law says on how the information that I have about you should be stored. This means that I will keep information about you in a safe place. I will also destroy all the information within 5 years of publication of the study.

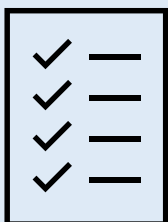


I do not think that there will be any problems for you if you take part. But if something happens that upsets you, I can help you sort out the problem. If you need to speak to someone else about what happened, I can help you do this. You will not need to pay anything for the help that you receive.



Should you have any difficulties or queries whilst filling in the questionnaire, you may phone at the Perinatal Mental Health Service on 79701767 or 2545 7410 from Monday till Friday between 11.00am and 12.00 noon. You will also be provided with support during your visit.

If you want to take part in this study, kindly:



- ✓ Read and sign the consent form
- ✓ Fill in the questionnaires
- ✓ Bring the consent form and the questionnaires with you when you attend for your first antenatal appointment at hospital.

PARTICIPANT'S CONSENT

- ☐ I hereby declare to have read the information about the nature of the study, my involvement and data management.
- ☐ I have had the opportunity to ask questions about the study and my questions have been satisfactorily answered.
- ☐ I declare that I am 18 years or older.
- ☐ I understand that should I have any further queries, I can contact Ms Claire Zerafa Midwife at the Perinatal Mental Health Service or Research Officer in charge Tel: 2545 7410.
- ☐ I agree to participate in this research study.

Expectant Mother's name (In block)



PROF. ANGELA ABELA

angela.abela@um.edu.mt | 2340 3601

Expectant Mother's signature

Expectant Father's name (In block)

Expectant Father's signature

Date