

## Informed Consent Form

### **Dear Participant and Spouse:**

We sincerely invite you to participate in a clinical study on the development and application of a dual discharge readiness intervention program for high-risk pregnant women and their spouses based on the Information-Motivation-Behavioral Skills (IMB) model. To help you understand the study, we have prepared this informed consent form. Please read it carefully. If you have any questions, feel free to consult the researchers at any time. Participation in this study is completely voluntary and will not affect your future medical care. This study has been reviewed and approved by the Ethics Committee of Bengbu Medical University.

### **Study Purpose**

The purpose of this study is to develop and validate a dual discharge readiness intervention program based on the IMB model for high-risk pregnant women and their spouses. By improving discharge readiness, we aim to enhance postpartum recovery and overall health management. The background and significance of this study include: High-risk pregnant women face many challenges during discharge preparation, such as incomplete knowledge acquisition, insufficient emotional support, and inadequate behavioral skills.

Previous international studies indicate that IMB-based interventions effectively improve self-management and health behaviors. This study aims to use such interventions to improve health outcomes for high-risk pregnant women.

### **Study Procedure**

**Participants:** Eligible high-risk pregnant women and their spouses; approximately 80 pairs are expected to participate.

**Initial Screening:** Participants will be screened according to inclusion criteria and informed about the study details.

**Intervention:** Participants will be randomly assigned to the intervention or control group. The intervention group will receive the IMB-based dual discharge readiness program before discharge, while the control group will receive standard discharge guidance.

**Follow-up:** Researchers will follow up with participants at 1 week and 42 days postpartum to evaluate intervention effects and collect relevant data.

### **Potential Risks and Discomforts**

During participation, participants may experience minor discomforts such as slight anxiety due to post-discharge health management responsibilities. Health information will be collected during the study, and all personal information will be kept strictly confidential.

### **Benefits**

Participation may help you:

Enhance knowledge of post-discharge health management, particularly for high-risk pregnant women and their spouses; Improve understanding of postpartum recovery and care measures, potentially benefiting postpartum health outcomes.

**Privacy Protection**

All study data will be strictly confidential. Personal information will be anonymized using coded identifiers instead of real names. You have the right to access your study data and request deletion of your personal information at any time.

**Rights Statement**

Participation is completely voluntary. You may withdraw at any time without affecting your future medical care. If any discomfort or harm occurs due to the study, you are entitled to necessary treatment and compensation. If you have any questions or experience discomfort during the study, please contact the researchers promptly.

**Consent Statement**

I have read this informed consent form and understand the study and related requirements. I have had the opportunity to ask questions and received satisfactory answers. I understand that participation is voluntary and that I can withdraw at any time without affecting my future medical care.

I voluntarily agree to participate in this study.

**Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Participant Contact Number:** \_\_\_\_\_

**Researcher Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Researcher Contact Number:** \_\_\_\_\_