ITTRA TA' INFORMAZZJONI BIEX TIEĦU SEHEM FI STUDJU

Jiena Prof. Angela Abela u qegħda nibgħatilkom din l-ittra sabiex nistidinkom tieħdu sehem fi studju li qed nagħmlu bħala parti mill-Istrateġija tat-Trobbija Pożittiva. Jien qed immexxi dan l-istudju flimkien ma' grupp ta' riċerkaturi mid-Dipartment għall-Istudji dwar il-Familja, fl-Università ta' Malta, u ma' professjonisti tas-saħħa li jaħdmu fil-Perinatal Mental Health Service fl-Isptar Mater Dei.* F'din l-ittra ser issib l-informazzjoni kollha dwar l-istudju u kif tistgħu tieħdu sehem.

Dan l-istudju huwa dwar ommijiet u missirijiet li qegħdin jistennew jew għadhom kemm kellhom tarbija. Qed nagħmlu dan l-istudju biex naraw jekk il-ġenituri humiex lesti jilqgħu aktar għajnuna speċjalizzata fil-perjodu ta' qabel u wara t-twelid u kif ukoll jekk din l-għajnuna tkunx ta' benefiċċju.

Biex inwettqu dan l-istudju, qegħdin nistaqsu ġenituri li għadhom kif kellhom tarbija biex jimlew kwestjonarju qasir.

Jekk tixtiequ tieħdu sehem, aqraw din l-ittra ta' informazzjoni, imlew il-formola tal-kunses u agħtuha lill-qabla abbinata magħkom waqt iż-żjara tagħha l-isptar jew id-dar.

Meta t-tarbija tagħlaq ***sitt ġimgħat***, il-qabla li tagħmel parti mit-tim ta' riċerkaturi u hija l-qabla responsabbli fil-Perinatal Mental Health Service, jew l-assistenta tagħha, ser iċemplulkom sabiex tkunu tistgħu timlew l-kwestjonarju.

Tista' timla' dan il-kwestjonarju onlajn billi tikteb **forms.office.com/r/1PnKJydAZ4** fil-browser tal-internet jew billi tiskennja l-QR code bil-mowbajl tiegħek. Importanti li tkun taf li meta taċċessa l-kwestjonarju onlajn, ċertu dejta bħall-IP address, tista' tiġi irkuprata mill-Microsoft.

Biex tara l-video fejn il-qabla tispjega kif tista' timla' l-kwestjonarju onlajn, ikteb **shorturl.at/xAT34** fil-broswer tal-internet jew żur il-paġna tal-facebook ***Positive Parenting Malta***.

Biex timla' l-kwestjonarju, iddum madwar 10 minuti.

* **It-Tim tar-ricerka** hu magħmul minn Prof Angela Abela, Dr Ingrid Grech Lanfranco, Dr Clarissa Sammut Scerri mid Dipartiment ta' l-Istudji ghall-Familja, Fakulta' Ghat-Tishih tas-Socjeta Universita ta' Malta, Dr Ethel Felice, Dr Rachel Buhagiar, Ms Claire Zerafa, Ms Elena Felice mill-Perinatal Mental Health Service, Prof Neville Calleja Direttur tal-Health Information and Research Directorate Dr Rodianne Agius and Prof Yves Muscat Baron mid-Dipartiment tal-Ginekologija u Obstetrija, Mater Dei.

Jghinuna fir ricerka: Ms Janice Sargent, Ms Claire Zerafa, Ms Bernice 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, u Ms. Ariana Attard.

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 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 just had a baby to fill in a brief questionnaire.

If you would like to participate, read this information letter, fill in the consent form, and give it back to your midwife at hospital or during your home visit.

When your baby turns ***six weeks*** old, the midwife who is on the research team of the study and is the midwife in charge at the Perinatal Mental Health Service, or her assistant, will call you to fill in the questionnaire.

You can fill in the questionnaire online by typing the following the link **forms.office.com/r/PZH455icPz** 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.

*** The Research Team** is composed of Prof Angela Abela, Dr Ingrid Grech Lanfranco, Dr Clarissa Sammut Scerri, from the Department of 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 MaterDei, Prof Neville Calleja from the Directorate for Health Information and Research, Ministry for Health, Dr Rodianne Agius and Prof Yves Muscat Baron from the Deparmemt of Obstetrics and Gynaecology.

The Research Officers include Ms Janice Sargent, Ms Claire Zerafa, Ms Bernice 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.

Skont l-informazzjoni li tipprovdu fil-kwestjonarju, il-qabla li tagħmel parti mit-tim ta' riċerkaturi u hija l-qabla responsabbli fil-Perinatal Mental Health Service, jew l-assistenta tagħha, jistgħu jċemplulkom għall-appuntament. Inthom se tkunu għal kollox liberi li tiddeċiedu jekk tixtiequx tattendu għalih jew le.

Waqt l-appuntament, il-qabla tkun tixtieq tiddiskuti magħkom il-kwestjonarji li tkunu mlejtu. Il-parteċipazzjoni tieghek f'dan l-istudju b' kollox ghandha ddum madwar seba' xhur.

Jekk tagħżel li tipparteċipa, il-kwestjonarju ser jinġabar mill-qabla li tagħmel parti mit-tim ta' riċerkaturi u li taħdem fil-Perinatal Mental Health Service. Dan ifisser li l-identità tiegħek tkun żvelata lilha biss.

Meta nikteb dwar l-istudju, jien mhux ser nuża ismek iżda ser jintużaw biss it-tweġibiet li tagħti.

M'hemmx għalfejn tieħu sehem f'dan l-istudju jekk ma tridx. Jekk tapplika biex tieħu sehem u wara jerġa jibdielek, ma jimpurtax. Tista' tieqaf meta trid. Ma jkunx hemm għalfejn tgħid għaliex ma tridx tieħu sehem jew għaliex trid tieqaf. Jekk tagħżel li ma tipparteċipax, tirċievi s-servizz li jkun mogħti normalment.

Jien se nimxi skont ma tgħid il-liġi Maltija dwar kif għandi nżomm l-informazzjoni li għandi dwarek. Dan ifisser li nżomm l-informazzjoni f'post sigur. Ifisser ukoll, li neqred l-informazzjoni kollha dwarek sa 5 snin wara li jiġi ppublikat dan l-istudju.

Jien ma naħsibx li se jkun hemm problemi għalik jekk int tieħu sehem. Imma jekk tiġri xi ħaġa li ddejqek, inkun nista' ngħinek issolvi l-problema. Jekk ikollok bżonn tkellem lil xi ħadd dwar dak li jkun ġara, inkun nista' ngħinek tagħmel dan. Ma jkunx hemm għalfejn tħallas.

Jekk tiltaqgħu ma' xi diffikultajiet jew mistoqsijiet waqt il-mili tal-kwestjonarju, tistgħu tiċċarawhom billi ċċemplu lill-Perinatal Mental Health Service fuq 79701767 jew 2545 7410 mit-Tnejn sal-Ġimgha mill-11.00am sa' nofsinar jew inkella tkun tista tiċċarhom waqt il-viżta tiegħek.

Jekk tixtieq tieħu sehem f'dan l-istudju, jekk jogħġbok:

- ✓ Aqra u ffirma l-formola tal-kunsens u agħtiha lura lill-qabla abbinata magħkom.
- ✓ Fit-tieni żjara tagħha d-dar, il-qabla abbinata miegħek ser tagħtik kwestjonarju għall-omm u ieħor għall-missier.
- ✓ Ġentilment imlew il-kwestjonarji erba' ġimgħat wara t-twelid tat-tarbija.
- ✓ Il-qabla tagħkom ser tiġbor il-kwestjonarji meta hi tagħmel it-tielet żjara tagħha d-dar.

Based on the answers of the questionnaire, the midwife who is on the research team of the study and is the midwife in charge at the Perinatal Mental Health Service, or her assistant, may phone you for an appointment. You will be completely free to decide whether or not you wish to attend.

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 take around seven months.

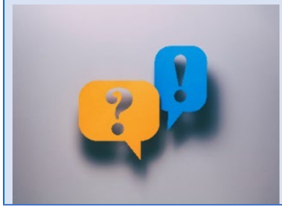
If you choose to participate, the questionnaire will be collected by a midwife who is on the research team of the study and works at the Perinatal Mental Health Services. This means that your identity will only be revealed to her.

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.

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 participate in this study:

- ✓ Read and sign the consent form and give it back to your midwife.
- ✓ During her second home visit, your midwife will provide you with a questionnaire for the mother and another one for the father.
- ✓ Kindly fill in the questionnaires four weeks after the birth of your baby.
- ✓ Your midwife will collect the questionnaires during her third home visit.

TROBBIJA POŻITTIVA
POLITIKA STRATEGIKA NAZZJONALI 2016 - 2024

SPTAR MATER DEI
DEPARTMENT OF OBSTETRICS & GYNAECOLOGY ANTENATAL CLINIC

L-Università ta' Malta | Faculty for Social Wellbeing | Department of Family Studies

GVERN TA' MALTA
MINISTERU GĦAS-SOLIDARJETÀ U L-GUSTIZZJA SOĊJALI, IL-FAMILJA U D-DRITTIJIET TAT-TFAL

KUNSENS TAL-PARTEĊIPANT

- ☐ Hawnhekk qed niddikjara li qrajt l-informazzjoni dwar in-natura tal-istudju, l-involviment tiegħi u l-immaniġġjar tad-dejta.
- ☐ Jiena kelli l-opportunità li nsaqsi l-mistoqsijiet dwar l-istudju u li l-mistoqsijiet tiegħi ġew imwieġba b'mod sodisfaċenti.
- ☐ Jiena niddikjara li għandi 18-il sena jew aktar.
- ☐ Jiena nifhem li jekk ikolli aktar mistoqsijiet, nista' nikkuntattja lil Ms Claire Zerafa, qabla fil-Perinatal Mental Health Service jew Uffiċjal ta' Riċerka responsabbli (Tel: 2545 7410).
- ☐ Jiena naqbel li nipparteċipa f'dan l-istudju ta' riċerka.

Isem l-Omm (Ittri kbar)	Numru tal-ID jew passaport	E-mail
Firma tal-Omm	Numru tal-mowbajl	Data
Isem il-Missier (Ittri kbar)	Numru tal-ID jew passaport	E-mail
Firma tal-Missier	Numru tal-mowbajl	Data

Angela Abela

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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.

________________	________________	________________
Mother's name (In block)	ID or passport number	E-mail
________________	________________	________________
Mother's signature	Mobile number	Date
________________	________________	________________
Father's name (In block)	ID or passport number	E-mail
________________	________________	________________
Father's signature	Mobile number	Date

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