PARTICIPANT INFORMATION SHEET

This research is entitled "Maternal Mentoring Program Since Preconception Period as an Effort to Improve Iron Status of Pregnant Women in Bantul Regency", which was carried out by Ms. Yhona Paratmanitya as the Principal Investigator. This study aims to improve the nutritional status of pregnant women through maternal mentoring programs since before pregnancy, with the number of respondents needed is 224 people. The subjects of this study were premarital women of reproductive age in Bantul Regency, especially in 3 sub-districts, namely Sedayu, Pleret, and Pajangan which will be followed until the end of the first trimester of pregnancy.

A. Participation in Research

Participation in this study is your own voluntary decision, after receiving an explanation of the research from the researcher. The researcher will not and should not force you to be a respondent in this research. If in the middle of the research you decide to stop participating then no one can force you to change your mind, and there will be no discrimination whatsoever after you no longer participate. The researcher may also decide that you can no longer participate in this study, regardless of whether you wish to continue to participate or not, if this is done with the aim of protecting you from possible adverse effects arising from the treatment in this study.

B. Research Procedure

Respondents in this study will be followed from the premarital period to the end of the first trimester of pregnancy. This research will go through several stages, namely:

1. In the first stage, after the respondent meets the criteria and agrees to participate in this study, interviews will be conducted regarding the respondent's basic characteristic data and food consumption data in the last 1 month, anthropometric measurements (weight, height and mid-upper arm circumference) as well as data of iron status obtained from venous blood sampling as much as 5 mL (± 1 teaspoon) on the inside of the elbow crease. Blood sampling will be carried out by competent health personnel.
2. Respondents will then be divided into 2 groups, namely the group that has been treated in the form of mentoring (intervention group) and the group that has not been treated or following the health service flow for premarital women and pregnant women that has been running so far (control group). The determination of intervention and control areas was based on the results of randomization of hamlet in each sub-district.
3. Treatment in the form of mentoring includes nutrition and health education as well as reminders of antenatal care visits and consumption of iron supplements. Mentoring will be carried out through 2 methods, namely direct mentorship in the form of home visits, and indirect mentorship via Short Message Service (SMS)/WhatsApp (WA). Home visits will be carried out 2 times, namely at the time of premarital and gestational age of 13-16 weeks. Meanwhile, SMS/WA will be carried out in order to marriage status confirmation, pregnancy status confirmation, reminder to get the first antenatal care visit immediately, and reminder to consume iron supplement regularly.

4. Respondents will be monitored regarding the frequency of ANC visits, consumption of iron supplements, iron status, food intake, and anthropometry.

C. Responsibilities of Respondents

As a research subject, you are obliged to follow the research procedures as written above. If something is not clear, you can ask the researcher further.

D. Research benefits

By participating in this study, respondents will receive laboratory tests to determine iron status, as well as anthropometric measurements (weight, height and mid-upper arm circumference) to determine nutritional status. Monitoring of iron status and nutritional status was carried out from before pregnancy until the 1st trimester of pregnancy. Nutrition and health education was also given to all respondents, both in the intervention and control groups, but at different times of administration. In the intervention group, education is part of the intervention program, while in the control group, educational materials will be provided after the study ends.

E. Possible risks or side effects

The risk that may be experienced by respondents in this study is that during the home visit schedule, the respondent must be at home, even though the schedule can be communicated again to the researcher so that the meeting during the home visit can be carried out properly. In addition, respondents are also expected to be able to respond to several questions that will be submitted via SMS/WA, as a form of monitoring the condition of respondents by researchers. Associated with the process of taking blood samples, side effects that may appear are minor bruising or swelling at the injection site, or feeling dizzy/nausea when seeing the blood drawn. However, the emergence of these side effects can be minimized by involving competent health workers to take blood.

F. Data confidentiality

All data obtained from this research will be kept confidential and used for scientific purposes only.

G. Compensation

If there are losses that arise as a result of the treatment of this research, compensation will be given in accordance with the losses suffered. You will also receive a souvenir as compensation for your participation in this research.

H. Financing

All costs incurred related to this research will be fully borne by the researcher and sponsor. Participation in this research is free.

I. Additional information

You are given the opportunity to ask questions that are not clear about this research. If at any time unwanted side effects occur, or require further explanation, you can contact the researcher, Ms. Yhona Paratmanitya on mobile number +62 896 366 76765 (WA).

Thus, we convey this information, for your attention and willingness to participate, we thank you.

Best regards,

Researcher

CONSENT STATEMENT

After getting an explanation and understanding the information about this research activity, I, the undersigned:

Name : ……..
Date of birth : ……..
Address : ……..
Phone number : ……..

Hereby declare that I am willing to become research respondents conducted by Ms. Yhona Paratmanitya, I understand that:

- I may not directly benefit from taking part in this research.
- I am free to withdraw from the project at any time and am free to decline to answer particular questions without disadvantage.
- Whether I participate or not, or withdraw after participating, will have no effect on any treatment or service that is being provided to me.

Thus this statement is made to be used properly.

Participant's signature: …….. (Date: ……)

Researcher's signature: …….. (Date: ……)