Infant Development and Maternal Wellbeing during pregnancy: An Overview

What is the purpose of this study?

This study is monitoring the mood of women throughout their pregnancy and the postpartum period, as well as monitoring the general health outcomes of your child.

The information we collect will help us confirm any changes in mood that pregnant women may or may not experience throughout the prenatal and postnatal periods.

The outcomes from this study will be compared to the outcomes of women participating in a micronutrient treatment trial in order to help us fully interpret the impact of the micronutrient formula being tested.

What are the risks?

There are no obvious risks of participation in this research; however, some of the questions you will be asked to answer may make you feel uncomfortable. Please keep in mind that you do not have to answer any questions you do not want to.

What are the benefits?

We cannot guarantee that you will personally experience benefits from participating in this study. However, others may benefit in the future from the information we find in this study. The findings from this study will help us identify any changes in mood throughout pregnancy and the postpartum period and understand how effective a micronutrient formula may be for pregnant women who are experiencing symptoms of low mood and anxiety.

What does my participation involve?

Should you decide to participate in this research, you will be asked to complete an online survey every four weeks until the birth of your child. The survey will take approximately 25 minutes to complete and will ask about your mood, stress levels and anxiety as well as other things such as sleep, quality of life, social support and any stressful life events you may experience. Upon the arrival of your child, we will follow up with you each month, where you will be asked to complete
online questionnaires, taking approximately 25 minutes. These questionnaires will ask about your infant’s behaviour as well as your own mood in the 6 months after your baby is born.

**Does it cost to participate?**

Participation in this study will not incur any costs to you. You will receive a $10 petrol voucher every time you visit the university in order to reimburse you for transportation costs and you will also be congratulated with a small hamper when your baby is born.

**Who is eligible to participate?**

We are looking for pregnant women who are:
- 19 years of age or older
- Up to 34 weeks pregnant
- Having one baby
- Living in the Canterbury region

**How do I take part?**

If you’re interested in taking part, you first need to complete an online survey to assess your eligibility which can be found on the following link:


The survey should take approximately 15 minutes to complete, however you can save your responses and return to the survey at a later date should you wish. After completing the survey, you will be contacted by a researcher who may invite you to the university to complete further assessments and gain your consent to participate in the trial.

For more information, please contact the research co-ordinators, Hayley Bradley or Siobhan Campbell on the details below:

Phone: 03 369 2386

Email: [hayley.bradley@pg.canterbury.ac.nz](mailto:haley.bradley@pg.canterbury.ac.nz) or [siobhan.campbell@pg.canterbury.ac.nz](mailto:siobhan.campbell@pg.canterbury.ac.nz)

**Thank you for your interest in this study!**

*This study has been given ethical approval by the Southern Human and Disabilities Ethics Committee and the Standing Committee on Therapeutic Trials (Medsafe).*

*The study has also received approval from the Human Ethics Committee and the Ngāi Tahu Consultation and Engagement Group at the University of Canterbury and the research committee at the New Zealand College of Midwives.*