

Research Participant Information Statement

Investigating the food and nutrient intakes and nutrition knowledge of pregnant women and women who have recently given birth in Australia

Version 3; English; 6/6/2024



You're invited to participate in the research study identified above, which is being conducted by Dr Sasha Fenton, an Accredited Practising Dietitian and Postdoctoral researcher from the University of Newcastle and the Hunter Medical Research Institute (HMRI).

Following is information about the study, including how you can participate, if you choose to do so.



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Why is the research being done?

The aim of this research is to help nutrition researchers understand: 1) the types and amounts of foods eaten by women who are pregnant or have recently had a baby, and 2) the women's knowledge of what to eat and drink while pregnant or breastfeeding.

Why is this research important?

Healthy eating during pregnancy is important to reduce the risk of adverse health outcomes for the mother and the baby. But understanding what to eat and drink while pregnant can be confusing. By finding out what pregnant women are eating and what they understand or are confused about, researchers can develop resources that may help pregnant women eat more healthily and improve their health and the health of their babies.

Who can participate in the research?

Women aged 19 years or above, who are pregnant or have had a baby in the last 12 months, and who were born and live in Australia are being asked to participate.

What does participation involve?

Participation involves completing **one online questionnaire** that asks questions about your food intake and what you understand about nutrition. Questions such as your marital status and education level will also be asked so that the researchers can understand the characteristics of the participants. The online questionnaire will take approx. 45 minutes to complete.

You can also choose whether you would like to receive a summary of the results at the conclusion of the study by selecting so when completing the questionnaire. This summary will be sent to you via email if you decide to provide your contact information (optional).

Do you have to take part in this research study?

No, participation in this research is entirely voluntary. If you do not want to take part, you do not have to. And, if you do agree to participate and then change your mind, you can withdraw from the study without giving a reason, after providing consent but prior to submitting your online questionnaire, by closing the questionnaire.

What are the benefits and risks of participating?

By participating in the study, the information you provide will help the researchers understand the type of nutrition information pregnant women need, which can then be

developed and may benefit pregnant women and their babies by improving their health.

The risk associated with participating in the study is the inconvenience of the time involved in completing the questionnaire (approx. 45 minutes). As a gesture of appreciation for the inconvenience, participants that complete the questionnaire will be able to go into a draw to win one of three **\$100 Woolworths groceries eGift cards** by providing their first name and email address (this is optional).



It is not expected to be the case, but should any of the questions asked in the survey raise concerns, you can cease participating immediately and are encouraged to seek help from your general practitioner, or from Lifeline by calling 131114.

How will your privacy be protected?

The questionnaire has been developed using the secure web-based database system, REDCap. This system is hosted on HMRI servers, which are physically and virtually secured. All at rest data is encrypted. The questionnaire will not ask your full name, address or date of birth. Participants will be identified by a numerical code. Data will be stored using a password-protected UON electronic storage system. Only members of the research team have access to the data, except as required by law. Data will be retained securely for a minimum period of five years from completion of the project. Information will be managed and stored in accordance with UON's Research Data and Materials Management Guideline (<https://policies.newcastle.edu.au/document/view-current.php?id=72>) or any successor Guideline, and other applicable UON policy provisions.

How will the information collected by the researcher be used?

The data will be used to develop nutrition education resources for pregnant women in Australia. It will also be presented in academic journal publications and at scientific conferences. Individual participants will not be named or identified in any reports arising from the research.

What do you need to do to participate?

Please make sure you understand the above information before agreeing to participate. If there's anything you don't understand, or if you have questions, please email Dr Sasha Fenton at sasha.fenton@newcastle.edu.au

To participate in the study please visit <https://redcap.link/nutritioninpregnancy> provide your consent and complete the questionnaire.

You do not need to complete the entire questionnaire in one session. If you need to, you can pause, save your responses and come back and complete the questionnaire at another time.

Thank you for considering this invitation.

Dr Sasha Fenton

Co-ordinating principal investigator

Complaints about this research

This research has been approved by the Hunter New England Human Research Ethics Committee of Hunter New England Local Health District, Reference 2023/ETH02139. Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to: The Manager Research Ethics and Governance, Hunter New England Local Health District, Level 3 POD HMRI Lot 1 Kookaburra Circuit New Lambton NSW 2305, telephone (02) 49214950, email HNELHED-HREC@health.nsw.gov.au

Authorisation statement

The conduct of this study at the John Hunter Hospital has been authorised by the Chief Executive of Hunter New England Local Health District. Any person with concerns or complaints about the conduct of this study may also contact the Manager Research Ethics and Governance on the above numbers and quote reference number: 2023/ETH02139