

## Participant Information Sheet

# Te Kukunetanga: An exploratory descriptive qualitative study of women's experiences of movement and exercise during the childbirth year

### Date Information Sheet Produced:

20<sup>th</sup> October 2022

### Project Title

**Te Kukunetanga: Developing Cycle of Life Research Programme Project 9: An exploratory descriptive qualitative study of women's experiences of movement and exercise during the childbirth year**

### Project team

- Dr Hannah Wyatt - AUT Sports Performance Research Institute New Zealand (SPRINZ) Research Fellow
- Teea Francis – AUT Sport & Recreation Student
- Professor Patria Hume – AUT SPRINZ Professor
- Associate Prof Dean Mahuta – AUT Te Ipukarea Associate Professor
- Dr Nimisha Waller – AUT Midwifery Senior Lecturer
- Dr Kelly Sheerin – AUT SPRINZ Senior Lecturer
- Dr Amy Kercher – AUT Psychology Lecturer
- Professor Susan Crowther – AUT Midwifery Professor
- Dr Heather Donald – AUT Midwifery Lecturer

### An Invitation

My name is Hannah Wyatt and I'm one of the Co-Principal Investigators for the AUT research programme Te Kukunetanga (TK): Developing Cycle of Life. The largest project within the research programme is the Physical Evolution through Pregnancy (PEP) project which is focused on how women's body shapes and sizes change, and how these changes influence movement (balance, walking and running) and musculoskeletal pain and discomforts throughout pregnancy and in the 6 months postpartum. We have been collecting biomechanical and body dimension data since July 2021, and with the permission of those who entered the TK programme are now able to use these data to answer some important questions to improve our knowledge of physical health throughout pregnancy and in the 6 month period beyond.

We wish to invite you to join members from our research team for i) a focus group discussion or ii) an individual interview about the challenges women experience relating to musculoskeletal health and movement during pregnancy.

### What is the purpose of this research?

The research team has been formed as a collaboration of AUT experts across a variety of fields. Together their interests and experience has directed the initial plans for translation of the PEP data to new knowledge. However, we acknowledge that there will be benefit in speaking to and learning from those with personal experience of their own pregnancy journey and/or the pregnancy journey of those who they have worked with as a health practitioner. Through conversations in the form of a focus group and

1:1 interviews, we aim to expose important themes and research questions which may be answered by the PEP team, or may help to form plans for future research within the TK programme.

**Research Aim:** To improve our understanding of the physical challenges in relation to movement and exercise throughout the childbirth year and inform acceptable educational resources for childbirth care and practice.

**Research Purpose:** To provide direction for the PEP research team towards enhanced research impact and application of research findings to practice.

### **How was I identified and why am I being invited to participate in this research?**

You have been sent, or have seen, a flyer for this research project via the Te Kūketanga research group (if you have previously consented to being contacted about future research opportunities); by a professional organization, Ngāti Whātua Ōrākei, by an in-person flyer in the PEP collection space, or on our website. By accessing our website ([www.sprinz.aut.ac.nz/tk](http://www.sprinz.aut.ac.nz/tk)), you have been directed to this information sheet.

We are seeking individuals who:

Group A) Women who are currently pregnant

- 18 to 40 years of age

Group B) Women who are within 6 months postpartum

- 18 to 40 years of age

Group C) Women's health practitioners

- Work is related to the musculoskeletal system and/or movement
- Experience of >5 years of working with women during pregnancy

### **Are there any women that cannot participate in this research?**

Within group A and B, those women who had a previous musculoskeletal injury/disorder which may have been related to any pain/discomfort experienced within pregnancy.

Within group A and B, those women who have had a traumatic pregnancy or birth experience and speaking about it may bring about undesired traumatic memories.

### **How do I agree to participate in this research?**

We encourage you to read the information provided to learn more about the details of the study. You may also wish to consult with your whānau. If you are keen to participate, you can indicate this by completing the registration of interest online form (URL to be added). We will then contact you to confirm your eligibility for this research and give you an opportunity to ask any additional questions you may have. You will then be asked to read a consent form (online) and indicate whether you choose to take part in the research. This link will be sent to you by the research team.

This research is a sub-study of the Te Kūketanga (TK): Developing Cycle of Life Research Programme ([www.sprinz.aut.ac.nz/tk](http://www.sprinz.aut.ac.nz/tk)). If you are enrolled in other of the Te Kūketanga research projects, you are invited to engage with the PEP Focus Group/Interview alongside any other research projects.

Please note your participation in this research is voluntary (it is your choice) and whether you choose to participate will neither advantage nor disadvantage you. You can withdraw from the study at any time. If you choose to withdraw from the study, then you will be offered the choice between having any data that is identifiable as belonging to you removed or providing your permission for its continued use within this research study. However, once the findings have been produced, removal of your data may not be possible.

For Māori participants in these research studies, there may be cultural considerations associated with the collection and storing of your information. These considerations should be discussed with your family/whānau as appropriate, citing the protection of whakapapa. Controlling access to your data and

limiting unauthorised use of your information are important questions that you may need to think about before consenting to the research. It is also acknowledged that people have the right to choose whether they participate or not in a research study. You may also like to think about the direct benefits that this research will have for yourself, your whānau and for Māori as a people. We advise participants to consult with their whānau prior to consenting to participate in a research study and suggest that your family/whānau are involved with you at all stages of the research.

### **What will happen in this research?**

After having read this information sheet and having consented, we will send you a short questionnaire to complete (online) which should take less than 5 minutes of your time. The purpose of the questionnaire is for us to know some basic details about yourself and your experience relating to the overall theme of PEP.

*Focus Group (completed 2022):* The focus group will be initiated with a welcome and introductions from Dr Wyatt and the research team. Please note that the session will be recorded. An overview of the PEP research project will then be provided, including the type of data that has been collected and demographic details of who has been involved to date (number of participants, stages of pregnancy etc.). Note that no confidential information will be disclosed. The researchers will explain the structure of the session and check that you are comfortable with the session being recorded. The following themes will be introduced in turn, followed by open discussion among the group. During the event, morning tea and lunch will be provided.

Discussion themes:

1. Pelvic health
2. Low back pain
3. Foot changes
4. Balance
5. Walking gait
6. Activity/exercise
7. Open musculoskeletal and movement discussion
8. Other themes that emerge during the focus group

The researchers are currently identifying suitable community venues in Auckland (TBC) for the focus group to take place. The focus group will be offered as a hybrid session with an option to attend online via the Teams platform if you should wish. The session will take place in mid-to-late November 2022 (date TBC).

*Individual Interviews (completed 2023):* Individual interviews will be conducted by an experience interviewer from AUT's Midwifery department. Interviews will be in person or online according to participants' preference and will be recorded. Interview questions will be informed by focus group themes, for example:

1. If you went to exercise classes, how did you decide which ones to go to and which ones to avoid (if any)?
2. What surprised you about pregnancy and exercise?
3. Tell me about how you needed to change your exercise routine? How and why did you need to change your routine?
4. How did your bodily changes motivate or not when and how you exercised?

The interviews will take place June to August 2023 (date arranged with each individual participant).

### **What are the benefits?**

One of the challenges in helping to deal with or supporting someone who is experiencing musculoskeletal pain/discomfort and movement issues during pregnancy is the lack of scientific evidence underpinning

the guidelines. The benefits to health practitioners and the wider community will be to enable knowledge to be developed in the areas which are critical issues experienced by women.

The individuals who take part will be given the opportunity to speak about issues which are likely of importance to them in personal and/or professional capacities and will have the opportunity to connect with those who have undergone similar experiences.

For the dedication of their time to the project, participants will be given a petrol or food voucher as koha.

### **What are the discomforts and risks and how will these be alleviated?**

Given the personal nature of the content of the focus group/interview discussion, a potential risk for some participants will be feelings of some psychological distress. The research team includes Dr Kercher as the lead Psychologist for the PEP study, who will endeavor to minimize this risk through monitoring the conversations and checking on participants' wellbeing through the course of the session. Should they be needed, three sessions of AUT Counselling will be provided.

The focus group/interview will be an opportunity for our research team and participants to support each other to discuss experiences and important topics. Should a support person be required to accompany any of our participants, they will be welcomed.

### **How will my privacy be protected?**

Original raw information where you are identifiable via audio will only be accessible to AUT researchers directly connected to this project. Throughout the data collection and analysis process all data will be stored on password-protected computers or in locked filing cabinets.

The raw data will be coded to protect your privacy. We will de-identify your data using a unique code assigned to you upon entry to the study. Following the analysis of the data, all information obtained as part of the study will be placed in an AUT Ethics secure storage and will no longer be available to anyone other than Dr Hannah Wyatt and the Sport Performance Research Institute New Zealand (SPRINZ) ethics coordinator. The data will be stored for six years, after the completion of the study, following which time it will be destroyed, unless you consent to its indefinite storage. Your de-identified data may be used to inform future research.

### **What are the costs of participating in this research?**

There are no monetary costs associated with participating in this study although we will ask for approximately 90 minutes of your time for the focus group session and/or between 30-60 minutes for the interview.

### **What opportunity do I have to consider this invitation?**

You will have 14 days to consider this invitation. The focus group is likely to be held in mid-to-late November 2022 and the interviews are likely to be held June-August 2023.

### **Will I receive feedback on the results of this research?**

You will be given the opportunity to receive a summary of the research findings which will be emailed to you on completion of the research.

### **What do I do if I have concerns about this research?**

Any concerns regarding the nature of this project should be notified in the first instance to the Project Supervisor, Dr Hannah Wyatt [Hannah.wyatt@aut.ac.nz](mailto:Hannah.wyatt@aut.ac.nz) (+649) 921 9999 ext 7253

Concerns regarding the conduct of the research should be notified to the Executive Secretary of AUTC, [ethics@aut.ac.nz](mailto:ethics@aut.ac.nz), (+649) 921 9999 ext 6038.

### **Whom do I contact for further information about this research?**

This Information Sheet and a copy of the Project Consent Form will remain available online for your future reference. You can also contact the research team as follows:

***Project researchers available daily for questions***

*Teea Francis ([svb2513@autuni.ac.nz](mailto:svb2513@autuni.ac.nz))*

### **Is there an opportunity to be part of the other Te Kūketanga research projects?**

We would like to extend the invitation for you to be involved in other projects developed by the AUT Te Kūketanga research team. Within the participant consent form, you will be invited to indicate if you would like to receive information about these projects. We will ask if you consent to having your name, contact details and demographic details held on file by the primary researcher (for 10 years) for the purposes of being contacted with information on relevant Te Kūketanga programme of research studies. If you do consent, we will send you the relevant information sheets with instructions about how to take part in the relevant research studies. Please note whether you choose to engage in other Te Kūketanga research projects is entirely your choice and whether you choose to participate will neither advantage nor disadvantage you.

If at any point you would like to withdraw your permission to be contacted in the future, please contact Dr Hannah Wyatt at [Hannah.wyatt@aut.ac.nz](mailto:Hannah.wyatt@aut.ac.nz)

**Approval granted by AUTEK for application number 22/319 on 28<sup>th</sup> November 2022.**