

Participant Information Leaflet

Study Title: Early Parenthood App – User Feedback Study

Dear Participant,

You are invited to take part in a research study being undertaken by Health Innovation Hub Ireland in University College Cork in collaboration with Cork Kerry Community Healthcare.

In order to decide if you wish to take part, we would like to give you some more information about the study. This information leaflet is design to inform you fully about the study. Please read the information provided below carefully and, if you wish, discuss it with your family, friends or doctor. Take time to ask questions – don't feel rushed or under pressure to make a quick decision. You should clearly understand the risks and benefits of taking part in this study so that you can make a decision that is right for you. You don't have to take part in this study and you can change your mind about taking part at any time during the study. If you decide not to take part or change your mind about participating, it won't affect your current or future community care.

Once you understand what the study will involve, and if you wish to participate, you will need to fill out the project online Informed Consent Form if you wish to proceed with participation.

Why is this study being done?

This study is being done in order to deliver an app that provides the information parents and caregivers want and need during their journey in the first year of a child's life.

We have already asked the medical professionals what information they think should be contained within the app. We now want to hear from you – the app user.

We want to explore your experience of using this app for a period of time. We want to know what you like and dislike about the app, what was useful and what could be done better in order to improve the app user experience.

Who is organising and funding this study?

This study is being carried out by Health Innovation Hub Ireland, UCC. The app design and delivery is being funded by Cork Kerry Community Healthcare – Health and Wellbeing Division.

Why am I being asked to take part?

We wish to involve parents and caregivers who are comprehensively involved in the raising of a child currently aged 0-1 years. We want to involve you in order to fully guide and inform development of a smartphone app that will satisfy the needs of a parent/caregiver in the first year of a child's life.

How will the study be carried out?

The study will take place in 2021 (Over a 6 month period). A minimum of 150 participants will be invited to take part. You will receive guidance on how to download the app to your phone. You will be asked to explore the app for a 6 month period. Following this you will be asked to complete a short feedback questionnaire. At end of the questionnaire you will be asked if you would like to participate in a virtual focus group to discuss your experiences further. Details of the focus group will be shared with you at that stage. You do not have to participate in this focus group if you do not wish.

What will happen to me if I agree to take part?

You will be guided on how to download the app to your smartphone and will be given a brief description of what the app provides and how it may help with your parenthood journey. You will be required to use the app for a 6 month period of time. Following this you will be asked to complete a feedback questionnaire. You will have an opportunity to withdraw your feedback up to 3 weeks after submission. After which time your feedback will be anonymised. Anonymised feedback will guide the development of the final app product.

What are the benefits and risks of taking part?

Benefits: You will have access of the relevant information and supports that you may require in relation to the parenthood journey for the first year of a child's life. This information will be delivered in an easy to access format on your phone allowing you to retrieve the information at a time when you may need it most. You will have access to information about:

- The baby's journey e.g. feeding, vaccinations, sleep, digestion etc.
- The mother's journey e.g. post-natal physical recovery, post-natal emotional journey and supports available
- The father's/support person journey e.g. What you can do to support the mother, your transition to the role of a parent/support person

Risks: There is no additional risk identified in relation to taking part in this study. If you are a smartphone user, the following risks pertain to use of a smartphone device:

- Smartphones act as vessels for the harbouring of bacteria and viruses which can cause common place illnesses. Maintaining smartphone hygiene can limit this risk.
- Musculoskeletal complaints such as neck pain from looking down at your device or wrist and thumb pain from tapping and scrolling are commonly associated with high levels of smartphone use. Proper smartphone ergonomics can limit this risk.
- Blue light is emitted from smartphone screens. Exposure to this type of light at night can interrupt sleep. Try to limit smartphone use before going to sleep or in the middle of the night to limit this risk.
- Using your smartphone is a source of distraction and can be a danger if you are not paying attention i.e. walking at a busy intersection, tripping on an obstacle, slipping on stairs, spilling something hot.
- Using a smartphone can distract from your ability to engage with your child. Children thrive on the physical interaction and communication that they receive from their caregiver. Be mindful of overuse of a smartphone in the presence of a young infant or child.

Will it cost me anything to take part?

It will not cost you anything to participate in this study.

Will my data be kept confidential?

You do not need to provide any personal details or data to download this App. There is no data collected by the App. Personal data collected will be kept strictly confidential. Your email address will be used to send you information on how to assess and use the app and to send details of the online feedback questionnaire. Your questionnaire data will only be accessible to the study researchers. You will have an opportunity to withdraw your feedback up to 3 weeks after submission. After which time your feedback will be anonymised. No identifying material will be used in any reports of this study. Questionnaires will be kept in a password protected database and only authorised study researchers will have access.

What will happen to the results of the study?

The results of the study will be anonymised. Study information will be reported as a collective and will guide the refinement and delivery of the final app.

Where can I get more information?

If you would like further information about this study, you can contact the Research Team:

Research Lead

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