Participant Information Sheet

2021

# Project Title

The experience and wellbeing of donor conceived adults in Aotearoa/New Zealand

**An Invitation**

Kia ora! My name is Samantha Best (Sam), and I am a Master of Health Science (Psychology) student at Auckland’s University of Technology. If you were conceived in Aotearoa/New Zealand with the help of a donor, and you are over the age of 18, I would like to invite you to participate in this research.

# What is the purpose of this research?

The purpose of this research is to better understand the experiences and wellbeing of New Zealanders who are donor-conceived offspring. Findings may help inform practice around donor conception and appropriate support for donor-conceived offspring. The research findings will be published in academic journals and will form part of the research and dissertation requirements which are part of the AUT Master of Health Science Psychology qualifications.

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

You have responded to an advert posted on webpages and social media sites which asked donor conceived adults in Aotearoa/New Zealand who were interested in participating to make direct contact with me. I am hoping to interview approximately 6-8 adults conceived in New Zealand with the assistance of sperm or egg donation. Participants must be fluent in English. Recruitment will cease once a sufficient number of participants have been recruited.

Family, friends or students of myself or my supervisor will not be able to participate in the study.

# How do I agree to participate in this research?

Individuals interested in participating are invited to make direct contact with me, Samantha Best, as the Project researcher, via email (see below), I will address any questions you may have about the research, and if you agree, will arrange an interview at a time and place convenient to you. Only my supervisor and I will have access to your contact details. You will be asked to complete a Consent Form immediately prior to the interview taking place. If the interview is via online media or phone, verbal consent can also be used as evidence that you agree to participate. This consent will be recorded. Your participation in this research is entirely voluntary (it is your choice) and whether or not you choose to participate will neither advantage nor disadvantage you. You are able to 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 allowing it to continue to be used. However, once the findings have been produced, removal of your data may not be possible.

# What will happen in this research?

If you agree to participate, the research will involve an interview at a time and place convenient to you. Where this is outside of Auckland, you have the option of being interviewed via zoom, skype or similar media, or via phone. The interview is anticipated to take approximately 1 – 1 ½ hours.

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

Talking about your personal experiences may involve some discomfort, however I aim to ensure a comfortable and safe environment for you to talk. You can choose to stop the interview at any time or choose to stop talking about any issue about which you feel uncomfortable. Further information and support for people affected by infertility challenges may be available through Fertility NZ and the Donor Conception Network, details below:

# 1) Fertility New Zealand Phone: 0800 333 306 Email: [support@fertilitynz.org.nz](mailto:support@fertilitynz.org.nz) <https://www.fertilitynz.org.nz> 2) Youthline Helpline: 0800 376633 Free text: 234 Email: [talk@youthline.co.nz](mailto:talk@youthline.co.nz) <https://www.youthline.co.nz/> 3) Lifeline For counselling enquiries: 09 909 8750 For counselling enquiries: [info@lifeline.org.nz](mailto:info@lifeline.org.nz) Helpline: 0800 543 354 Suicide crisis helpline: 0508 828865 <http://www.lifeline.org.nz/corp_Home_378_2001.aspx>

AUT Student Counselling and Mental Health offers three free sessions of confidential counselling support for adult participants in an AUT research project. These sessions are only available for issues that have arisen directly as a result of participation in the research and are not for other general counselling needs. To access these services, you will need to:

* Go to the City Campus at WB203, email counselling@aut.ac.nz or call 921 9998.
* let the receptionist know that you are a research participant, and provide the title of my research, my name and contact details as given in this Information Sheet.

You can find out more information about AUT counsellors and counselling on:

<https://www.aut.ac.nz/student-life/student-support/counselling-and-mental-health>

# What are the benefits?

You will have an opportunity to share your experiences of being a donor conceived adult. This research may be useful to other donor conceived individuals and their families as well as to donors, recipients, prospective donors and intending parents. This research may contribute to policy development and guide practice in this area. The research also forms my Master of Health Science Psychology qualification.

# How will my privacy be protected?

You will be asked to provide a pseudonym by which you will be known in the study, or a pseudonym can be chosen for you. All references made during the interviews to names of other people (e.g. practitioners), place names and organisations, or any other details that could compromise confidentiality will either be deleted or altered to protect confidentiality as much as possible. Only the researchers will have access to data during the data collection and analysis stage. Only my Supervisor, Sonja Goedeke, and I as the project researcher will have access to the data after the final reports are produced. Audio-recordings of interviews will be destroyed following transcription. Consent forms and transcripts will be kept for six years in a locked filing cabinet in the Psychology Department on AUT premises.

# What are the costs of participating in this research?

There are no costs to you other than your time. We anticipate that the interviews will be approximately 1 – 1 1/2 hours in duration, and that you may spend approximately a further hour in reviewing your transcript should you wish to do so.

# What opportunity do I have to consider this invitation?

The advert on websites and social media pages will ask those interested in participating to make direct contact with Sam, the Project researcher, within a two-week time period. If insufficient participants have been recruited, the posting will be made again.

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

All participants who would like a copy of the results will receive a summary report via email at the end of the study.

**What kind of questions will I be asked?**

You may choose to talk about aspects of donor conception relevant to you. Questions may include:

- How, when and by whom was it disclosed to you that you were conceived via donor. What was your experience of this?

- In what way, if any, did the knowledge you were donor-conceived affect your sense of self, your relationships with others and your family dynamics?

-What contact, if any, do you have with the donor, his/her family, or any other individuals conceived using the same donor and what is your experience of this?

-What support have you received in relation to being donor-conceived?

**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 Researcher, Samantha Best, Email: [kjy8347@aut.ac.nz](mailto:kjy8347@aut.ac.nz) or the Project supervisor Dr Sonja Goedeke, [sonja.goedeke@aut.ac.nz](mailto:sonja.goedeke@aut.ac.nz), 9219999 ext 7186

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

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

Please keep this Information Sheet and a copy of the Consent Form for your future reference. You are also able to contact the research team as follows:

***Researcher and Project Supervisor Contact Details***

Researcher: Samantha Best, [kjy8347@aut.ac.nz](mailto:kjy8347@aut.ac.nz)

Project Supervisor: Dr Sonja Goedeke, [sonja.goedeke@aut.ac.nz](mailto:sonja.goedeke@aut.ac.nz), 9219999 ext 7186

**Approved by the Auckland University of Technology Ethics Committee on *type the date final ethics approval was granted*, AUTEC Reference number *type the reference number*.**