

Participant Information Sheet

Date Information Sheet Produced:

5 April 2018

Project Title

The transition to motherhood following fertility treatment: A qualitative study

An Invitation

Hello, I'm Lara Grace and I am conducting some research as part of my practice research project for a Masters of Health Science in Psychology at Auckland University of Technology. You are invited to participate in a project exploring the experiences of women in New Zealand who have made the transition from fertility treatment to motherhood. The aim of this study is to develop a richer understanding and insight into how women who have undergone fertility treatment experience pregnancy and becoming a mother.

What is the purpose of this research?

Infertility is a medical condition that affects many New Zealanders. To date, there is a relatively limited understanding of women's experiences post successful treatment. The aim of this research is to develop a greater understanding and gain insight into how women in New Zealand adjust to motherhood after experiencing successful fertility treatment. This will be explored by examining women's experiences of fertility treatment, pregnancy and motherhood.

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

You have responded to an advertisement on the FertilityNZ Facebook page. Those interested in participating will need to meet the following criteria: conceived their first child through fertility treatment, have one child between 6 and 24 months of age, and live in New Zealand. Interested participants have been asked to contact me directly for more information about the research. Participants will be selected in order of application and recruitment will cease once the maximum number of participants is reached.

How do I agree to participate in this research?

Your participation in this research is voluntary (it is your choice) and whether or not you choose to participate will neither advantage nor disadvantage you. You can agree to participate in this study by reply email. You are able to withdraw from the study at any time. If you choose to withdraw from the study, you will be offered the choice to have any data that is identifiable as belonging to you removed, or allow it to continue to be used. However, once the findings have been produced, removal of your data may not be possible. A consent form will be provided for you to complete if you wish to participate in this study.

What will happen in this research?

This study involves a one-on-one interview with myself which will take approximately one hour of your time. The interview can take place in your home, at the Auckland University of Technology Akoranga campus, or via Skype/phone, depending on your preference. Only my supervisors and I will have access to the data collected for this study. Only the analyses of the results will be published and individuals will not be identifiable.

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

Discussion about personal experiences may evoke some discomfort for you. I will be mindful of managing any discomfort or distress as much as possible. You are invited to have a support person with you for the duration of the interview if you wish. Participation is also completely voluntary and you may withdraw from the study at any time. Additional time will be given to any questions that may be distressing as well as the opportunity to not provide an answer. You will also have access to support through FertilityNZ. In addition, AUT Health Counselling and Wellbeing is able to offer 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:

- drop into our centres at WB219 or AS104 or phone 921 9992 City Campus or 921 9998 North Shore campus to make an appointment. Appointments for South Campus can be made by calling 921 9992
- let the receptionist know that you are a research participant, and provide the title of my research and my name and contact details as given in this Information Sheet

You can find out more information about AUT counsellors and counselling on <http://www.aut.ac.nz/being-a-student/current-postgraduates/your-health-and-wellbeing/counselling>.

What are the benefits?

There is no direct benefit in participating in this research however, I am hoping that you will find it valuable to share your experience. This research may be beneficial to other women who find themselves in a similar situation and are unsure what to do next. This research may also serve to provide organisations such as fertility clinics, maternal mental health services and organisations supporting mothers with information to improve their understanding and support of those who have experienced fertility treatment. Lastly, this research will contribute towards my Master of Health Science qualification.

How will my privacy be protected?

Confidentiality will be upheld through the use of a participant number or a pseudonym and identifying information will be disguised. Only my supervisor and I will have access to the data during data collection and analysis stage. All data will be kept securely for a period of six years, after which it will be destroyed.

What are the costs of participating in this research?

There are no financial costs involved in participating. However it is anticipated that the interview will take around one hour of your time.

What opportunity do I have to consider this invitation?

Participants are encouraged to contact me within two weeks of receiving the invitation from FertilityNZ.

Will I receive feedback on the results of this research?

A summary of results may be sent to participants via email if they wish. You can indicate whether you would like to receive this on the consent form.

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 primary Project Supervisor, Sonja Goedeke, email: sonja.goedeke@aut.ac.nz, 09 921 9999 ext 7186.

Concerns regarding the conduct of the research should be notified to the Executive Secretary of AUTEK, Kate O'Connor, 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 Contact Details:

Lara Grace
Email: msb7045@autuni.ac.nz
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Project Supervisor Contact Details:

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