**PARTICIPANT INFORMATION SHEET**

**Title of Study: How do interracial couples experience the transition to parenthood?**

**University of Surrey Ref: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PLEASE KEEP A COPY OF THIS INFORMATION SHEET FOR YOUR RECORDS**

**Section: Taking Part**

**Invitation Paragraph**

We would like to invite you to participate in this research project. You should only participate if you want to; choosing not to take part will not disadvantage you in any way. Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. If you have any questions you can contact us using the contact details at the end of this information sheet.

**What is the purpose of the study?**

The aim and objectives of this study is to better understand the experiences of interracial couples during the transition to parenthood. We are specifically interested in understanding how interracial couples negotiate their familial cultural identity during this transition and the benefits and challenges of the interracial dynamic during the transition to parenthood. This will involve attending a 1-hour interview with your partner to answer questions around your experiences of this transitional period.

**Who is responsible for this study?**

This study is the responsibility of Annabel Mormah, Trainee Clinical Psychologist; Chief Investigator at the University of Surrey, Neha Cattra, Lecturer; Principal Supervisor and Laura Simmonds, Senior Lecturer; Co-supervisor at the University of Surrey.

**Why have I been invited to take part?**

You are invited to participate in this study because you identify as being in an interracial relationship and have had a baby within the past 24 months.

To be eligible for this study both partners of the couple must consent to participating. Participating couples must identify as being in an interracial relationship, meaning you and your partner identify as having different ethnic identities. You must also have had your first child within the past 24 months. As we are interested in hearing from couples it is important that you both feel able to discuss your experiences with each other.

**Do I have to take part?**

Participation is voluntary and you do not have to take part. We will describe the study in this information sheet and will give you 7-10 days to read this, so you can decide whether you wish to take part. Please contact us if there is anything that is not clear, or if you have any questions, or need more information.

**What will happen to me if I decide to take part?**

If you decide to take part, you will be asked to complete a screening questionnaire to ensure you meet the inclusion requirements. You will then be given this information sheet to keep and will be asked to consent to participating in the research and to agree to us contacting you. We will contact you within 7-10 days of completion of the consent form and screening questionnaire to arrange an interview date. Following this you will be sent an email confirming the date of the interview and providing you a Microsoft Teams link for you to attend the interview.

**What happens if I do not want to take part or if I change my mind?**

You are free to withdraw from the study at any time, without giving a reason. Please note you will still receive payment if you withdraw from the study. You will be able to withdraw the data you have provided up to two weeks following the interview. Following this time, it will not be possible to remove the information you have provided as the interview will be transcribed and fully anonymised. We will delete all personal information provided by you.

If you wish to withdraw your data please email, Annabel Mormah, on [ad00510@surrey.ac.uk](mailto:ad00510@surrey.ac.uk).

**What happens to my data if I want to withdraw?**

You will be able to withdraw your data up to two weeks following participation by emailing Annabel Mormah at [ad00510@surrey.ac.uk](mailto:ad00510@surrey.ac.uk). Following receipt of your email you will receive an email confirming that your request to withdraw has been received and actioned. All data pertaining to you and your partner will be removed. You do not require your partner’s consent to withdraw your data and they will not be notified of your request to withdraw.

**What are the possible benefits in taking part?**

The information we will get from the study will help us to better understand the experiences of interracial couples during the transition to parenthood.

You will be given a £30 Love2Shop voucher to reimburse you for your participation. This will be emailed to you within 5 working days after the date of your interview.

**Are there any potential risks involved?**

Topics discussed in the interview may be upsetting, if you think this may be the case for either of you, we suggest you don’t participate. In order to reduce any potential distress, the researchers will offer you a break if you appear to be becoming upset. If either of you would like to stop the interview at any time, please notify the interview and the interview will be terminated without further questions.

**How is the project being funded?**

This research is a student project as part of a dissertation for Clinical Psychology PsychD.

**Will my participation be kept confidential?**

We are responsible for making sure your participation is kept confidential and any data is kept secure and used only in the way described in this information sheet.

Your information may be reviewed for monitoring and audit purposes, by the University of Surrey and/or regulators who will treat your data in confidence.

Following completion of the interviews video recordings will be immediately deleted and separated from the audio file. Two weeks following the interview the audio recording with be transcribed and anonymised for data analysis. No directly identifiable information will be included in the write up of the data.

**Will my data be shared or used in future research studies?**

Your data will not be shared or used in any other research studies.

**What will happen to the results of the study?**

We will produce a final report summarising the main findings as part of a research dissertation for the Clinical Psychology PsychD.

This research may also be submitted for publication and may be used in presentations and training.

You can contact the study team to find out the results of the research from June 2026 by emailing ad00510@surrey.ac.uk.

**Who has reviewed this study?**

This research has been reviewed by an independent group of people, called an Ethics Committee. This study was reviewed and given a favourable ethical opinion by the University of Surrey Ethics Committee.

**Section: Your personal data**

**What is personal data?**

‘Personal Data’ means any information relating to an identified or identifiable individual (‘data subject’); an identifiable individual is one who can be identified, directly or indirectly from that data. We will be collecting and using some of your personal data that is relevant to completing the study.

The information that we will collect will include name, contact details, gender and the county in which you live, which is regarded as ‘personal data’ and ethnicity and parental status which is regarded as a ‘special category data’. We will use this information as explained in the ‘What is the purpose of the study’ section.

**Who is handling my personal data?**

The University of Surrey who will act as the Controller, has the legal responsibility for processing personal data in this study. The research team will process your personal data and is responsible for looking after your information and using it in accordance with UK Data protection legislation.

As a Controller, we must only use personal data from people who have agreed to take part in research and process this data in accordance with UK Data Protection legislation. The University of Surrey processes personal data for the purposes of carrying out research in the **public interest** and special category data is processed on an additional condition necessary for **research purposes**. This means that when you agree to take part in this research study, we will process your data in the ways needed to achieve the outcomes of the study.

If you have concerns about how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter ([dataprotection@surrey.ac.uk](mailto:dataprotection@surrey.ac.uk)).

You can find out more about how we use your information <https://www.surrey.ac.uk/information-management/data-protection> and/or by contacting [dataprotection@surrey.ac.uk.](mailto:dataprotection@surrey.ac.uk)

**Section: Further information**

**What if you have a query or something goes wrong?**

If you are unsure about something you can contact the research team for further advice using the contact details at the bottom of this information sheet.

However, if your query has not been handled to your satisfaction, or if you are unhappy and wish to make a formal complaint to someone independent of the research team, then please contact:

Assurance

Research and Innovation Services

University of Surrey

Senate House, Guildford, Surrey, GU2 7XH

Email: ethics@surrey.ac.uk

The University has in place the relevant insurance policies which apply to this study. If you wish to complain or have concerns about how you have been treated during the course of this study, then you should follow the instructions given above.

**Who should I contact for further information?**

If you have any questions or require more information about this study, please contact the research team using the following contact details:

Annabel Mormah

Trainee Clinical Psychologist

University of Surrey

Senate House, Guildford, Surrey, GU2 7XH

Email: Ad00510@surrey.ac.uk

**Sources of support**

If you would like further support or information regarding the topics discussed in the interview, please see the resources below.

* For support with your mental health please:
  + Contact your GP.
  + Call the Samaritans on 116 123
* For resources and support with parenting please visit:
  + <https://maternalmentalhealthalliance.org/about-maternal-mental-health/support-mums-and-families/>
  + <https://www.nct.org.uk/>
* For relationship support please visit <https://www.relate.org.uk/>
* For further resources and support for interracial families please visit <https://pih.org.uk/>

**Thank you for reading this information sheet and for considering taking part in this research.**