**PARTICIPANT INFORMATION SHEET**

**Title of Study: How do health and social care professionals support couples during 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 explore how health and social care professionals support interracial couples during the transition to parenthood. We are specifically interested in understanding what considerations professionals make when working with couples and whether they believe there are gaps within current training and guidance. This will involve completing an online questionnaire which we estimate will take 15 minutes.

**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 work with parents during their transition to parenthood.

**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 for you to read, 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 given the opportunity to download this information sheet to keep and will be asked to sign a consent form to confirm your agreement to participate. You will also have the opportunity to download this consent form for your records. You will then be able to proceed to the questionnaire.

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

You are free to stop your participation prior to submission by closing the window. All data is submitted anonymously meaning it will not be possible to remove the information you have provided following submission of your responses.

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

The information we will get from the study will help us to better understand how interracial couples are supported during the transition to parenthood and to identify gaps within current guidance and training.

**Are there any potential risks involved?**

The nature of the research may cause some distress to participants who will be asked to reflect on current practice. In order to reduce potential risks, you will be able to stop participating at any time without further questions by closing the survey.

**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.

We will not ask for information that is directly identifiable in the questionnaire. Following completion of the questionnaire, all data will be stored anonymously on a secure server managed by the University of Surrey.

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

Your data will not be used or shared 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 your gender, professional role and the county you work in, which is regarded as ‘personal data’ and ethnicity 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).

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.

**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 questionnaire, we recommend the following options:

* Review your Trust/Service policies and Guidance
* Discuss with your supervisor
* Access peer support
* Visit the following sites:
* <https://www.england.nhs.uk/mental-health/perinatal/perinatal-mental-health-resources/>
* <https://www.rcpsych.ac.uk/members/your-faculties/perinatal-psychiatry>
* <https://www.rcog.org.uk/>
* <https://ihv.org.uk/>
* <https://maternalmentalhealthalliance.org/>

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