



### Ethical information

This study has been approved by the NHMRC Human Research Ethics and the Curtin University Human Research Ethics Committee.

If required, verification of approval can be obtained either by writing:

Curtin University Human Research Ethics Committee.  
c/- Office of Research and Development  
Curtin University of Technology  
GPO Box U1987 Perth, WA 6845  
phone: 9266 2784 email: [hrec@curtin.edu.au](mailto:hrec@curtin.edu.au)

### Any Questions?

If you have any questions, or would like further information about this study, please contact Mia De Palma, email: [mia.depalma@curtin.edu.au](mailto:mia.depalma@curtin.edu.au).

Further information can also be found on our website: [originsproject.telethonkids.org.au/sub-projects/positive-family-foundations](http://originsproject.telethonkids.org.au/sub-projects/positive-family-foundations)

### Who is carrying out this study?

#### Chief Investigator

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THANK YOU FOR  
CONSIDERING PARTICIPATING  
IN THIS RESEARCH PROJECT.



THE  
ORIGINS  
PROJECT



TELETHON  
KIDS  
INSTITUTE  
Discover. Prevent. Cure.

Joondalup  
Health Campus  
Part of Ramsay Health Care



# POSITIVE FAMILY FOUNDATIONS

Enhancing psychological wellbeing in families from  
pregnancy to infancy

PARTICIPANT INFORMATION BROCHURE



## What is Positive Family Foundations?

This study aims to improve wellbeing in both parents and children. By setting up positive interactions early in your child's life, starting in pregnancy, we aim to help you and your family maximise these positive interactions. By participating in a new intervention program, based on the principles of co-parenting and reflective functioning, we hope that parents will build a more connected relationship with each other and their baby.

- ▶ **Co-parenting:** the way parents are able to effectively work together as a team to parent their child.
- ▶ **Reflective functioning:** a person's ability to understand their own thoughts and the thoughts of others, and how these thoughts can lead to different actions.

Positive Family Foundations is a sub-project of [The ORIGINS Project](#).

## Who is eligible to participate?

We are looking for couples who have had no previous children and are expecting their first child. The mother must also be in her third trimester of pregnancy when the group is scheduled to begin. Participants must have a level of English that would allow them to complete all study questionnaires and participate in the group.

## What is involved in participation?

After joining the study, you and your partner will be invited to complete baseline questionnaires, an important part of demonstrating the effects of the program.

You will then be allocated into one of two groups. The allocation to these two groups will be done by chance, like tossing a coin. Neither you nor the researcher can choose which group you go in.

**Group One:** You and your partner will be invited to participate in a group program which will involve 8 x 2-3 hour sessions, including;

- ▶ 4 x sessions delivered weekly during the third trimester of pregnancy, and
- ▶ 4 x sessions delivered weekly, with your baby, when he/she is between two and three months old

You will be invited to bring your baby to all sessions that take place following birth, in order to reflect on and discuss your baby with your partner and with the group.

At the beginning, and again at the end, of the post-birth sessions, you and your partner will be invited to complete questionnaires (around 30-45 minutes).

At the end of all the sessions, you and your partner will be invited to participate in a focus group to share your experience. This will take around one hour and is optional.

**Group Two:** You and your partner will be invited to complete questionnaires at the beginning of the study, and again when your baby is between two- and three-months-old and for a third time roughly four weeks later. These questionnaires should take around 30-45 minutes.

Both groups will also be asked to spend five minutes talking aloud about their child or partner, which will be recorded with a voice recorder. You will do this three times, when you complete your questionnaires. Voice recordings will be transcribed by a member of the research team and then de-identified.

## Consent and withdrawal

Taking part in this research is completely voluntary. If you would like to participate, you and your partner will be given a consent form to sign, however you are able to withdraw from this study at any point. If you do choose to withdraw from the study, any information you have provided will be destroyed and will not be used any further in the study.

## Possible benefits of taking part

Those in Group One may benefit from this study by participating in a group that may improve wellbeing for you, your partner and child.

Previous research with similar groups has found that the group program can reduce depression and anxiety in both parents, improve the couple's relationship and improve child outcomes. Participating in this research may also help you to connect better with your child and partner to build a stronger relationship.

If allocated to Group Two, you will be contributing to research that may enable programs such as this to become more widely delivered, which may improve the wellbeing of parents and children on a larger scale.

## Possible risks of taking part

We believe there are minimal risks to participating in this study for you, your partner or your baby. However, some of the questions we will ask are related to distress symptoms, your feelings about your relationship and your feelings about your child.

There is a possibility that some of these questions may be distressing. If you feel upset at any point during this research, we encourage you to contact the chief researcher who is a clinical psychologist, your local GP, or a mental health support service (see below).

As noted above, your participation is voluntary, and you may withdraw from this study at any point.

## Mental health support services

If you feel any distress or discomfort at any point during this study, please contact:

- ▶ **Your GP or after-hours GP helpline:** 1800 022 222
- ▶ **A mental health service such as:**
  - Beyond Blue: 1300 22 4636 or [beyondblue.org.au](http://beyondblue.org.au)
  - Mind health connect: [mindhealthconnect.org.au](http://mindhealthconnect.org.au)
  - SANE Australia: 1800 18 7263
  - Lifeline: 13 11 14

## Confidentiality and storage of data

All information that you provide us, either through a questionnaire or during the intervention, is entirely confidential. However, if you join the study through your participation in The ORIGINS Project, then any information provided as part of this study will also be shared with the ORIGINS Databank. We may also retrieve some of the information that you have shared with the ORIGINS team to include in this research.

To protect your identity, your name and any other details that would identify you, your partner or your child will be removed from questionnaires and will be replaced with a code. All de-identified data will be stored electronically at Curtin University.

All information will be password protected and will only be accessed by the research team. All electronic data will be stored for 25 years, after which point it will be destroyed.

The results of this research may be written up and published in a journal article, however no identifying information about you will appear in this article.

