

ABA Infant Feeding Study



What is the purpose of the study?

The purpose of the ABA study is to compare two different methods of helping mothers to feed their babies. This leaflet explains why you have been approached, who can take part, what taking part would mean, and how the information we collect will be used. If anything is not clear, or you would like to ask questions, please contact us: our contact details are at the end of this leaflet.

Why have I been chosen?

We are looking for women who are expecting their first baby to take part.

What will happen if I am interested?

We will approach women either when they attend for their 20 week scan or at an antenatal appointment to ask whether they might be interested in taking part in the study. We will answer any questions you may have and ask you to fill out a brief questionnaire.

If we miss you at the scan and you would like to find out more, you can contact us using the details at the end of this sheet and we will get back to you.

What do I have to do?

If you agree to take part in the study we need you to let the research team know as soon as you have had your baby, by text or phone message. That way we can keep in touch with you after you have had your baby.

What sort of help with feeding my baby will I get?

Comparing different ways of doing things is the best scientific way of learning 'what works'. For our ABA study, we will put pregnant mothers into two groups by chance (randomly), each group will be offered different support with feeding their baby, and then we will compare the results. One group of women will have usual information and support for feeding their baby from their midwife, health visitor and other available voluntary groups. The other women will have usual care as well as visits, telephone calls and texts from the ABA infant feeding team to help them to feed their baby successfully and confidently.

What happens afterwards?

We will keep in touch with you until your baby is 6 months old. A few days after your baby is born we will text you to ask how you are feeding your baby. When your baby is 8 weeks and 6 months old we will contact you to ask about your experiences of feeding your baby and how you are feeling.

We may also invite you to talk with one of our researchers about your experiences of feeding your baby in the weeks after you have given birth, this would be completely voluntary. The interview would take place in your home or other place convenient for you, or if you prefer we could arrange to talk over the phone or use skype/ facetime. We expect each interview to last approximately 30 to 45 minutes. The interviews will be tape recorded.

If you are allocated to the ABA infant feeding team, we may ask to record telephone and face-to-face conversations to check whether information and support is being given as planned.



Do I have to take part?

No, taking part or not is YOUR CHOICE, and you can pull out at any time without giving a reason.

Will my taking part in the study be kept confidential?

The information we collect about you and your baby will be transferred to the University of Birmingham in a locked bag. There it will be stored on a password protected computer and/or in a locked filing cabinet. Only research team members, representatives of the sponsor and members of the quality assurance team will have access to identifiable data. Anyone authorised to view it will be bound by a confidentiality agreement. The information you provide will only be disclosed to other persons if there is a legal requirement to do so.

If you are interviewed by one of our researchers, your name will not be on the tape and we will remove your name from the interview transcripts to keep your identity confidential. Direct quotes may be used in publications but anything which could identify you will be removed.

How will you use the information you collect about me?

We will use the results to find out whether it is possible to do a large study to find out which way is most effective in helping new mothers to feed their baby. The research team will aim to publish findings from the study in academic journals and present them at conferences. Any information used in this way will be anonymised: identifying information will not be used.

What are the risks of taking part in this study?

There are no known risks to taking part in this study.

What are the benefits of taking part in this study?

You may have additional support in feeding your baby, and will, at the same time, be contributing to the design and delivery of services that could benefit other mothers in the future.

As a thank you for taking part in the study and for completing the questionnaires, we will reimburse you for your time on this study after you have completed the 6 month questionnaire.

Who is organising and funding the research?

The researchers are from the Universities of Birmingham, Bristol, Cardiff, Central Lancashire and Stirling. The study is funded by the Department of Health through the National Institute for Health Research, Birmingham City Council and South Gloucestershire Council. The University of Birmingham is sponsoring this research.

What if I have questions or do not understand something?

You will continue to have contact details for members of the study research team at the Universities of Birmingham and Bristol so you can ask any questions throughout study.

What if I am unhappy with the study?

Your first step would be to contact a member of the research team and tell them. If they don't help then you can contact the University of Birmingham Research Governance Manager: Dr Sean Jennings: **Telephone:** 0121 415 8011 **Email:** researchgovernance@contacts.bham.ac.uk. Or the Patient Advisory and Liaison Service on 0121 627 2747.

Contact for further information

If you have any questions about taking part in the ABA study or anything related to it, please contact Dr Joanne Clarke, Research Fellow
Telephone: 0121 415 8060, **Email:** ABA@trials.bham.ac.uk
Please leave a message and we will always call you back.

THANK YOU FOR TAKING THE TIME TO
READ THIS INFORMATION LEAFLET.



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