The Effect of SMS Reminders on Child Health in New Parents

PARTICIPANT INFORMATION SHEET

Why are we doing the study?

There are many things new parents are encouraged to do for the health of their babies. For example, breast-feeding, using a properly fitted baby capsule, timely immunisation, and putting babies on their backs for sleeping. It is not clear which strategies for promoting these behaviours are effective. Text messages have been shown to be effective for quitting smoking and for increasing attendance at clinic appointments. Our research team is from the Telethon Kids Institute and the University of Western Australia. We are looking into whether sending text messages to new parents influences their behaviour and whether it has any effect on their attitudes.

What is the nature of the study?

This is a randomised controlled trial, based at the King Edward Memorial Hospital (KEMH) antenatal clinic. Once enrolled, participants will be randomly divided into two groups. When their newborn babies are about 6 weeks old, parents will be sent one of two text messages promoting a positive health behaviour. Over the course of the study, parents will be required to complete two brief online surveys via a link sent through text message. These surveys will be used to determine what effect, if any, the text message has had.

What will the study tell us?

This study will allow us to assess whether text messages are an effective tool for improving good child health behaviours among new parents. It will help us to determine whether text messaging parents might be a feasible way of improving the health of Australian babies.

Interested participants may access the results of this study after its publication in 2019.

Who is carrying out the study?

Student investigator: Mudra Shah [Contact: 0426 863 464]

Supervisor: Dr. Tom Snelling, Telethon Kids Institute

What you will be asked to do if you decide to take part?

Participants will be asked to provide the expected due date (EDD) for their baby and to consent for the research team to contact them via text message in the weeks after their baby is born. When your baby is about 2 weeks old, we will send you a text message with a link to an online (web-based) consent form and a brief survey. You will be required to answer two online questionnaires, each taking no more than 10 minutes. The first questionnaire will be when your baby is about 2 weeks old, and the second questionnaire will be when your baby is about 3 months old. All participants must own a mobile phone capable of receiving a text message.

What are the benefits and risks of taking part?

There is a risk that sending text messages to new parents will be perceived as an inconvenience. There is a small risk that sending text messages makes parents unnecessarily worried, and this might cause them to not adopt the healthy behaviour we are encouraging. There is unlikely to be a direct benefit to those taking part. The benefit we hoping to achieve will come from knowing whether text messages are likely to be beneficial when done at a broad scale (i.e. to all new parents).

Do I have to take part?

No. Participation is voluntary. If you do not wish to take part, you do not have to; your treatment at this hospital will not be affected in any way. If you do decide to take part, you will be given a copy of this Participant Information Sheet to keep. If you decide to take part but later change your mind, you are free to withdraw from the project at any stage.

What are the costs?

There are no additional costs associated with participating in this research project, nor will you be paid.

What about my privacy?

The information collected during this study will be treated as confidential and only members of the research team will have access to it. Your participation in this study and the answers that you provide will not be communicated to your doctor, midwife, or any other health professional. The survey answers you enter online will be stored on secure online database. We are required to keep information collected for any research project for a certain period of time (15 years). The information collected will be analysed using a participant code, rather than any names or any other information that could identify you or your baby.

What will happen to information about me?

Your information will only be used for the purpose of this research project and it will only be disclosed with your permission, except as required by law. It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that you cannot be identified.

Who has approved the study?

Women and Newborn Health Service/KEMH Human Research Ethics Committee.

Who to contact for more information about this study:

If you would like any more information about this study, please do not hesitate to contact one of the research team. They are very happy to answer your questions.

Name	Title	Contact Number(s)
Mudra Shah	Student Investigator	0426 863 464
Tom Snelling	Principle Investigator	

Who to contact if you have any concerns/complaints about the study or its organisation?

If you have any concerns or complaints regarding this study, you can contact the **Director of Medical Services at KEMH** (Telephone No: (08) 9340 2222). Your concerns will be drawn to the attention of the Ethics Committee who is monitoring the study.

What to do next if you would like to take part in this research?

If you would like to take part in this research study, please read and sign the consent form provided. Make sure you understand it and take time to ask advice from others if you need to. If you agree, we will contact you by text message when your baby is about 2 weeks old.

Consent Form

Title	The Effect of SMS Reminders on Child Health in New Parents
Short Title	SMS Reminders and Child Health
Protocol Number	V01
Project Sponsor	Telethon Kids Institute
Coordinating Principal Investigator/ Principal Investigator	Tom Snelling
Associate Investigator(s)	Mudra Shah (Student Investigator)
Location	King Edward Memorial Hospital

Declaration by Participant

I have read the Participant Information Sheet or someone has read it to me in a language that I understand.

I understand the purposes, procedures and risks of the research described in the project.

I give permission for my doctors, other health professionals, hospitals or laboratories outside this hospital to release information to Telethon Kids Institute concerning my disease and treatment for the purposes of this project. I understand that such information will remain confidential.

I have had an opportunity to ask questions and I am satisfied with the answers I have received.

I freely agree to participate in this research project as described and understand that I am free to withdraw at any time during the study without affecting my future health care.

I understand that I will be given a signed copy of this document to keep.

Name of Participant 1(please print)_____

Signature _____ Date_____

Name of Participant 2(please print)_____

Signature _____ Date_____

Declaration by Study Doctor/Senior Researcher†

I have given a verbal explanation of the research project, its procedures and risks and I believe that the participant has understood that explanation.

Name of Study Doctor/
Senior Researcher† (please print) _____

Signature _____ Date_____

† A senior member of the research team must provide the explanation of, and information concerning, the research project.

Note: All parties signing the consent section must date their own signature.

THANK YOU FOR YOUR TIME AND CONSIDERATION