



Centre for
Trials Research
Canolfan
Ymchwil Treialon



School of
Healthcare Sciences
Ysgol y Gwyddorau
Gofal Iechyd

THE PLAN-IT STUDY

THE ACCEPTABILITY AND FEASIBILITY OF A PLANNED PRE-PREGNANCY WEIGHT LOSS INTERVENTION.

Information Sheet: Interviews for people who have used contraceptive coils or implants (rods)

Thank you for completing the Plan-it Study online survey, which asked questions about your experiences of conversations with healthcare professionals regarding weight and whether it would be possible to do a research study that asks people who are overweight to delay removal of their contraceptive coil/implant/rod (also known as Long Acting Reversible Contraception, or LARC) to take part in a weight loss programme prior to trying to get pregnant.

You are being invited to take part in a short interview as part of the **Plan-it** study. Before deciding if you want to take part, it is important that you understand why the research is being done and what it will involve. Please take the time to read this information sheet carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you feel you need more information.

What is the aim of this study?

The overall aim of the **Plan-it** study is to establish if it is acceptable and feasible to conduct a study that asks women who are overweight/ obese to delay removal of a long-acting reversible contraception e.g. coil/ contraceptive implant, also known as LARC, to participate in a targeted pre-pregnancy weight loss intervention.

We have developed ideas regarding a potential intervention from a review of the current evidence and from the surveys we have done with women and healthcare staff. We would now like to gather your views in relation to the proposed intervention.

Why have I been invited to take part?

You previously provided your contact details for us to contact you again about the study.

What will happen if I take part?

If you decide to take part you will be asked to participate in an interview with a researcher from Cardiff University. Interviews will take place over the telephone or via ZOOM. The researcher will arrange a convenient time for the interview, which will take around 30 minutes. During the interview you will be asked about your views in relation to the proposed study. The researcher will ask for your agreement to audio record the interview for subsequent transcription and analysis.

Will I be paid to take part in the focus group?

Unfortunately, we are not able to pay you to take part. However, you will be provided with £20 of high street vouchers following the interview as a thank you.

What will happen to the results of the study?

The results of the interviews will be included in the **Plan-it** study findings which will be reported in academic journal articles and publicised through conference presentations and articles in the press. We will not publish any personal details about an individual who has taken part in the study, or anything that could allow them to be identified.

What are the possible disadvantages and advantages of taking part?

There are no specific risks or disadvantages of taking part. If you do become uncomfortable during the interview, it can be stopped at any time, and you do not have to answer any questions you do not want to. By sharing your experiences and views, you will help us understand which factors are important for practitioners and women in considering the potential study of delaying LARC removal for a pre-conception weight-loss intervention.

Will my taking part be kept confidential?

Yes. All personal information will be kept completely confidential. Any information which could identify you or your workplace will be removed following data collection, and in the reporting of findings. Quotes of what is said in the interview may be used in reports of the research, but you will not be identified.

What will happen to the recording?

The interview will be recorded. A written version of what was said in the interview (called a transcript) will be made. Any names will be removed from these transcripts so that all of the information will be pseudonymised (this means when we are reading the transcripts we will not be able to identify you, we will not use your name or personal details at all). All your information will be kept on a password protected computer and all the transcripts will be kept in a locked file cabinet at Cardiff University.

We will keep all the information you give us during the session confidential. Any information you provide that is published will be anonymised, that is your name and personal details will not be used in results we publish from the group discussion.

Are there any risks to taking part?

No; although some people may find some of the questions regarding a weight loss programme sensitive.

Are there any benefits to taking part?

Although we do not think that you will benefit personally, this will provide you with opportunity for you to have your say, you will also be helping with the research.

What will happen if I don't want to carry on with the study?

You can withdraw from the study at any time, without giving a reason.

What if there is a problem?

If you have a concern about any aspect of this study, you can speak to the researchers at Cardiff University who will do their best to answer your questions (contact details on this page). If you remain unhappy and wish to complain formally, the researchers will pass you to the relevant person within Cardiff University.

What will happen to the results of the study?

A report of the research results will be completed and sent to the National Institute for Health Research, who are paying for the study. Results will be published in scientific journals and presented at scientific meetings. Once the research study is complete the results will be posted on the Centre for Trials Research website (currently <https://www.cardiff.ac.uk/centre-for-trials-research>) and made available to those who took part.

Who is organising and paying for the research?

This study is being organised and led by researchers from the Centre for Trials Research, Cardiff University. The research is being paid for by the National Institute for Health Research.

Who has reviewed the study?

This study has been reviewed and given a favourable opinion by the Cardiff University School of Medicine Research Ethics Committee.

Contact for Further Information

Study email: Plan-It@cardiff.ac.uk

Elinor Coulman (Trial Manager) Tel: 029 2068 7624 / john1@cardiff.ac.uk

THANK YOU FOR CONSIDERING TAKING PART IN THIS STUDY.