

The Plan-it Study:

The acceptability and feasibility of a pre-pregnancy weight loss intervention.

Who are we?

We are the team from Cardiff University working on the Plan-it research study. You have met us at previous Sexual health events and filled in our survey.

The Plan-it Study

Plan-it is a research project commissioned by the National Institute of Health Research (NIHR) which is looking at the feasibility and acceptability of delaying LARC removal as part of a planned pre-pregnancy weight loss intervention for women who are overweight/obese. If you would like to know more you can find information at <https://www.cardiff.ac.uk/centre-for-trials-research/research/studies-and-trials/view/plan-it>

Why am I being contacted?

We have already asked healthcare practitioners who remove LARC and women who have used LARCS what they thought about the idea of delaying removal in order to lose weight prior to conception, and what some of the benefits or problems might be of such a weight loss intervention. We have now gathered the data and designed components of a pre-pregnancy weight loss intervention. We would like to hear your views on the intervention, and also how we should carry out a research study to test the intervention.

What will happen if I take part?

We would now like to run an online group chat between Monday 8th February 2021 and Friday 12th February. We will describe the proposed intervention and seek your views on the potential next steps. We will add questions daily to the online chat and you will be able to respond anonymously. If you prefer not to take part, then you are of course free to not contribute to the online chat. We will be very grateful for your contribution. We are not able to pay you for taking part in the online group chat. However, as a thank you we will send you £50 worth of high street/ internet vouchers

What will happen to the record of the online chat?

- The online chat will be held on a Padlet discussion forum.
- We will save all responses on the online chat.
- All responses, apart from the team members, will be anonymous.
- Other members of the online group chat will be able to see and record all responses.
- If names and identifiable information are accidentally disclosed, they will be anonymised.
- The transcript on the online group chat will be kept on password-protected computers on Cardiff University servers.
- The results of the discussion will be used in the final report to the NIHR and in academic publications/ presentations.
- **If you contribute to the discussion on the online group chat, we will take this as consent that you are happy for us to record your responses.**
- If you have any questions, please contact us on:

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