

Plan-it

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Study information

Have you used a long-acting contraceptive e.g. coil or implant and also had times when you have been overweight?

We would value your help with our research.

Os oes angen y wybodaeth arnoch neu i gwblhau'r arolwg yn Gymraeg, cysylltwch: Plan-It Study Manager/ Plan-It[@cardiff.ac.uk](mailto:Plan-It@cardiff.ac.uk) / 02920687624)

(If you want this information or to complete the survey in Welsh, please contact: Plan-It Study Manager/ Plan-It[@cardiff.ac.uk](mailto:Plan-It@cardiff.ac.uk) / 02920687624)

We are a group of researchers in Cardiff University who are interested in understanding people's experiences of weight management and pregnancy.

The time during which you are planning a pregnancy can be a good chance to think about whether your diet and lifestyle habits are keeping you healthy. Research shows that people who start their pregnancies at a healthy weight have less chance of experiencing pregnancy-related complications, and other health-related problems, when compared with people who are overweight. Simple, positive changes to diet and lifestyle can help you reach a healthy weight and can make sure your body is best prepared for pregnancy.

For the Plan-it study, we are particularly interested in finding out whether people who are planning to have their contraceptive coil or implant (e.g. a rod, or Mirena) removed because they would like to get pregnant, would consider taking part in a programme or activity designed to help them achieve a healthy weight before getting pregnant.

We are inviting you to take part in a short survey to tell us what you think about this idea. 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.

What is the aim of the study?

The overall aim of the **Plan-it** study is to find out if 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.

Who can take part?

We are inviting anyone living in the UK who is both a) overweight (or has been in the past) and b) using a contraceptive coil or implant/rod (or has done at any point during in the last ten years) to tell us about their experiences, thoughts and opinions on the acceptability of this study. You do not need to be overweight now to take part.

What will happen if I take part?

We are asking you to complete a short survey to tell us about your experiences of using and having coils / implants (rods) removed and about your thoughts on being offered a weight loss programme before trying to get pregnant. You may also be given the opportunity to take part in a follow-up interview with one of the study researchers, if you wish to do so.

What will happen to the results of the study?

The results of the survey will be included in the **Plan-it** study findings which will be reported in academic journal articles, at conferences and in the media. Quotes of what you say in the survey may be used in these reports, but they will be completely anonymous and will not include any personally identifiable information.

What will happen to my information?

Cardiff University will control and process all study data and will be responsible for looking after your information and using it properly. You can complete the survey anonymously. However, if you do provide any identifiable information (e.g. an email address), Cardiff University will securely store this information about you for a minimum of 12 months after the study has finished. The research data generated by this study will be kept for 15 years. All data will be used in accordance with the EU General Data Protection Regulation (GDPR) 2018 and the UK Data Protection Legislation 2018.

Contact details

If you have any queries / concerns, please contact the study team on:

Plan-it@cardiff.ac.uk / 02920687624

Eligibility 1

Are you currently living in the UK? (please tick one box) * *Required*

- Yes, I live in the UK
- No, I do not live in the UK

Eligibility

Are you currently using or have you used a coil or contraceptive implant (rod) in the past 10 years?
(please tick one box) * *Required*

- Yes, I am using a coil or implant (rod)
- Yes, I have used a coil or implant (rod) in the past 10 years
- No

Eligibility

Are you currently overweight or have been overweight in the past? (please tick one box) * *Required*

- Yes, I am currently overweight
- Yes, I have been overweight in the past
- No

The most widely used way to tell if you are overweight is to measure you BMI (<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>). People who are overweight have a BMI of 25 or greater.

Eligibility

Are you currently pregnant, planning to get pregnant or have been pregnant in the past? (please tick any that apply) * *Required*

- I am currently pregnant
- I am planning to get pregnant now or within the next year
- I am planning to get pregnant within the next 2 - 5 years
- I have had one or more pregnancies in the past
- None of the above

Your experience

Have you had a coil or implant (rod) removed or had a discussion with a Doctor or Nurse about having it removed? (please tick one box)

- Yes, with the idea of getting pregnant
- Yes, for another reason (e.g. to replace with another alternative contraception)
- No

Your experience

Did the Doctor/Nurse talk about your weight or weight loss?

Yes
 No

If you selected No, would you have liked to have discussed anything weight or weight loss related with you Doctor or nurse?

Your experience

What type of things did the Doctor or Nurse say about weight / weight loss when you had your coil or implant removed?

What was helpful about these discussions?

What was unhelpful about these discussions?

Your experience

Has weight / weight loss been discussed in any other visits with other health professionals? E.g. GP, doctor, nurse, midwife, consultant (please tick one box)

- Yes
- No

Your experience

Can you tell us a little more about the discussion and what was helpful or unhelpful about it? e.g. who was the conversation with, was the discussion related to weight in pregnancy or not, was it in relation to other conditions?

Your thoughts

We are interested in your thoughts and opinions on the idea of asking people who are overweight to delay having an implant (rod) or coil removed in order to take part in a weight loss programme before they try to get pregnant. (Examples of weight loss programmes would be: commercial group programmes like Slimming World; apps that track your diet and exercise; individual tailored programmes with a dietician etc)

On a scale of 0 to 6 (0 being not at all comfortable and 6 being extremely comfortable), how comfortable would you be if a health professional discussed your weight when you attended to have your coil/implant (rod) removed? (please tick one box)

- Extremely uncomfortable
- Uncomfortable
- Slightly uncomfortable
- Neither Comfortable or uncomfortable
- Slightly comfortable
- Comfortable
- Extremely comfortable

Please explain why you chose the above answer

What do you think would help you to feel comfortable with this discussion?

What do you think would make the discussion more difficult?



Your thoughts

Do you think it would be OK to be asked to delay having your coil / implant (rod) removed so that you could take part in a weight loss programme before you start trying to get pregnant? (please tick one box)

- Yes
- No
- Unsure

Please explain why you chose the above answer

What types of programme(s) would you find acceptable if you were offered this? Please think about the programme contents and method of delivery.

Method of programme delivery (you can tick more than one box and/or use the text box to explain).

- Commercial group based programmes open to all (e.g. Slimming World)
- Group programme designed for those planning a pregnancy
- One-to-one/ individualised programme
- In person contact (e.g. meeting a consultant/advisor)
- Virtual contact (e.g. an app/ internet website)
- Remote contact (e.g. emails, telephone calls etc.)
- Other

Other (please specify) / comment on the above options:

Content of programme (you can tick more than one box and/or use the text box to explain).

- Diet advice / information
- Exercise advice / information
- Very low-calorie food replacement programmes
- Doing exercise as part of the programme
- Peer support
- Advice/psychological support
- Other

Other (please specify) / comment on above options:

Your thoughts

Did you / would you look for information about healthy pregnancies and health before trying to get pregnant?

- Yes
- No

If yes, where did/ would you look? (e.g. doctor/nurse, family/friends, internet, books etc.)

Do you know anything about the risks to you and baby associated with being overweight during pregnancy? If so, please tell us what you know:

Is there anything else that you want to say about using coil/implant (rod) removal as an opportunity to discuss a pre-pregnancy weight loss programme?

About you

It would help to understand your experiences if you could tell us about your own weight and body size.

If you know your weight please put these in here (approximates are OK)

	In kilograms	or stones and pounds
Your weight	<input type="text"/>	<input type="text"/>

If you know your height, please put these in here (approximates are OK)

	In centimeters	or feet and inches
Your height	<input type="text"/>	<input type="text"/>

It would be useful for us to collect some information about you, regarding your age, gender, ethnicity etc, so that we can see if there are differences in the way that people from different groups experience health care, and how comfortable they are in discussing their weight.

If you would rather not answer these questions, please select below:

- I do not want to answer these questions
- I am happy to answer these questions

About you

How do you describe your ethnicity? (please tick one box)

- Arabic / Arabic British
- Asian / Asian British
- Black / Black British
- Mixed
- White British
- White other
- Prefer not to say

If you prefer to self describe, please specify:

What is your age please? (please tick one box)

- 16-24 years old
- 25-34 years old
- 35-48 years old
- 49 years old or more
- Prefer not to say

Do you consider yourself to have a disability, impairment, long term health condition or learning difference / disability?

- Yes
- No
- Prefer not to say

Please use this space to give further details:

How do you describe your sexuality?

- Bisexual
- Gay / Lesbian
- Heterosexual / Straight
- Prefer not to say
- Prefer to self-describe

If you prefer to self-describe, please specify:

Is your current gender the same as the sex you were assigned at birth?

- Yes
- No
- Prefer not to say
- Prefer to self-describe

If you prefer to self-describe, please specify:

Thank you

Thank you for completing this survey.

We would like to enter all people who complete this survey into a prize draw to win £100 of high street vouchers. Would you like to be entered into a prize draw?

- Yes, I do wish to be entered into a prize draw
- No, I do not wish to be entered into a prize draw

We would like to contact participants to help us when we are a bit further on in our study e.g. to ask if they would be willing to take part in an interview or an advisory group meeting. Are you happy to be contacted in the future by the study team?

- Yes. I am happy to be contacted by the study team.
- No. I am not happy to be contacted by the study team.

If you have entered **yes** to the above question, please complete your contact details below.

The only people in Cardiff University who will have access to information that identifies you will be people who need to contact you in relation to your participation in the study or audit the data collection process. The people who analyse the information will not be able to identify you and will not be able to find out your name or contact details. Individuals from Cardiff University and regulatory organisations may look at your research records to check the accuracy of the research study.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

Name

Email address:

Telephone number

Final page

This is the end of the Plan-it Study survey.

Thank you very much for spending your time completing the survey

From the Plan-it Study team
