



Plan-it Study Survey with LARC practitioners

Page 1: Information

You are being invited to take part in a short survey 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.

What is the aim of the 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 coil/ contraceptive implant (also known as LARC) to take part in a pre-pregnancy weight loss intervention.

What will happen if I take part?

We are interested in your views in relation to the introduction of a potential weight management intervention for overweight/ obese women presenting for LARC removal.

If you decide to take part you will be asked to complete an online survey, which will ask you about your views in relation to a potential intervention.

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 and publicised through conference presentations and articles in the press. Quotes of what is said in the online survey may be used in reports of the research, but if your responses include any personally identifiable information it will be removed to ensure anonymity.

What will happen to my data?

Cardiff University will act as the data controller and data processor for all study data. This means that we are responsible for looking after your information and using it properly. You can complete the online survey anonymously. However, if you do provide any identifiable information, Cardiff University will keep this information, e.g. email addresses, 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 General Data Protection Regulation 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

Study Manager: Elinor Coulman/ johne1@cardiff.ac.uk / 02920687624

Page 2: Eligibility

Please confirm that as part of your role, you remove coils or contraceptive implants (LARCs) *
Required

- I do remove coils or contraceptive implants (LARC)
- I do not remove coils or contraceptive implants (LARC)

Page 3: About you

How would you describe yourself? * *Required*

- Nursing practitioner
- Medical practitioner
- Other

If you selected Other, please specify:

In what setting do you work? * *Required*

- Primary care
- Sexual health clinics
- Primary care and sexual health clinics
- Other

If you selected Other, please specify:

How long have you been in this role? * *Required*

- Less than 1 year
- Between 1 and 5 years
- Between 6 and 10 years
- 11 years or more

What is your role in relation to LARC practice?

- Insertion of LARC
- Removal of LARC
- Both insertion and removal of LARC

Approximately how many women do you see for removal of LARC on a monthly basis?

- Less than 5
- Between 6 and 10
- 11 or more

Page 4: Your existing practice

Do you *introduce* the subject of weight with women in any pre-pregnancy discussions? * *Required*

Yes

No

If you selected yes, how and when do you introduce the subject of weight with women in pre-pregnancy discussions?

If you selected no, why do you not introduce the subject of weight with women in pre-pregnancy discussions?

Page 5: Your thoughts

We are interested in your thoughts on the idea of asking women who are overweight to postpone the removal of implant or coil (LARC) in order to take part in a pre-pregnancy weight loss intervention.

On a scale of 0 to 6 (0 being not at all comfortable and 6 being extremely comfortable), how comfortable would you be introducing the subject of weight with overweight women who are attending for LARC removal? * Required

	0	1	2	3	4	5	6	
Not at all comfortable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremely comfortable

Please explain

On a scale of 0 to 6 (0 being not at all willing and 6 being extremely willing), how willing would you be to ask women to postpone removal of LARC, when they attend about their LARC, in order to take part in a pre-pregnancy weight loss intervention? * Required

	0	1	2	3	4	5	6	
Not at all willing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremely willing

Please explain

Do you believe women would find it acceptable to be asked to postpone the removal of LARC in order

to take part in a pre-pregnancy weight loss intervention? * *Required*

- Yes
- No
- Unsure

Please explain

Page 6: Your thoughts (cont.)

When do you think would be the best opportunity to introduce a pre-pregnancy weight loss intervention to overweight women attending for LARC removal? * *Required*

Who do you think would be the best person to introduce a pre-pregnancy weight loss intervention to overweight women attending for LARC removal? * *Required*

Do you foresee any barriers to introducing a pre-pregnancy weight loss intervention to overweight women attending for LARC removal? * *Required*

Regarding a potential pre-pregnancy weight loss intervention, what do you think the intervention should include (diet, physical activity etc)? * *Required*

Is there anything that you feel may improve the uptake of women to a pre-pregnancy weight loss intervention? * *Required*



Page 7: Thank you

Thank you for completing this survey. We are entering all LARC practitioners who complete this online survey into a prize draw to win £100 of high street vouchers. Would you like to be entered into a prize draw to win £100 of high street vouchers? * *Required*

- 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 conduct a short interview with some nursing and medical practitioners on potential weight loss interventions for women attending for LARC removal when we are a bit further on in our study. Are you happy to be contacted by the study team to arrange an interview? * *Required*

- 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 either of the above questions, 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

Page 8: Final page

That is the end of the survey.

Thank you very much for spending your time completing the survey.

From the Plan-it Study team
