

Dear

RESPOND: a study to evaluate treatments for post-natal depression (PND)

Participant Information sheet

Our practice is helping the University of Bristol in a multi-centre research study comparing different treatments for postnatal depression (PND). We have agreed to contact all our patients who have recently had a baby to ask if they are willing to take part, regardless of whether they have PND or not. Receiving this letter does not mean that you have PND and if you do not wish to be a part of this study, it will in no way affect your usual treatment.

Study purpose and reason for invitation

About 10% of women suffer from PND. However, it is unclear as to which treatments for PND are the most effective. The Department of Health has asked us to compare different types of treatment for PND. The study is designed so that you will have the opportunity to try the second treatment if your response to the first is insufficient. The treatments being compared are antidepressant drug therapy and health visitor "active listening" visits. We are inviting all new mothers, regardless of whether they have PND or not, to take part in the study.

What will happen if I do take part?

1. We are asking you to complete the enclosed questionnaire and consent form and return it to us. (These data will be used anonymously to measure the rate of PND among **all** new mothers).
2. If you have a high score on this questionnaire, we would like to visit you at home and ask you to complete a second questionnaire.
3. If at the home visit you continue to have a high score on the questionnaire, we will invite you to take part in the main study and allocate you (randomly) to one of the two treatments.
4. Over the following 10 months we will ask you, on three occasions, to complete another questionnaire.

Do I have to take part?

It is up to you to decide whether or not to take part. If you decide to take part, please complete the enclosed questionnaire and consent form. All information collected will be stored anonymously and securely and no-one will be able to identify you from the published findings. Once the study has been completed our records of your name and address will be destroyed. Remember you are free to withdraw from the study at any time without giving a reason or affecting your medical care.

Your GP retains full responsibility for you and the routine care you receive. If you take part in the study, your Health Visitor will be informed of the score from your questionnaire.

If you require a more extensive information sheet please contact the Respond Team in Bristol on (0117) xxxxxxxx or contact the lead researcher in Bristol, Professor Debbie Sharp, on (0117) xxxxxxxx or your General Practitioner or Health Visitor.

Thank you very much for your time to consider taking part in this study.

Yours sincerely

GP name

This is a collaborative study between the Universities of Bristol, Manchester and London (Institute of Psychiatry) funded by the Department of Health.