



## Information for Participants

### **A qualitative study about the role of fertility awareness technology “Natural Cycles” in users’ and their partners’ experience of planning a pregnancy**

We are doing a study to find out about people’s personal experiences of using Natural Cycles to plan a pregnancy. We would like to hear about your views and experiences. Any information you share with us will be strictly confidential and your personal identity will be protected at all times.

Before you decide whether you would like to take part, it is important to consider why the research is being done, and what it would involve. Please read through the following information carefully, and ask us any questions you may have.

***Thank you for your time!***

#### ***What is the purpose of the study?***

The purpose of the study is to find out about the role of Natural Cycles technology in users’ and their partners’ experiences of planning a pregnancy.

#### ***Who is carrying out the study?***

This study is funded by Natural Cycles. It is being conducted independently by researchers from the London School of Hygiene and Tropical Medicine (LSHTM) and the University of Plymouth. The research is led Dr Rebecca French (Associate Professor, LSHTM) in collaboration with Professor Jill Shawe (University of Plymouth). The interviews, analysis and dissemination are led by Dr Pippa Grenfell (Assistant Professor, LSHTM) with support from Nerissa Tilouche (Research Assistant, LSHTM).

The team have extensive experience in sexual and reproductive health research. Natural Cycles will not be involved in making decisions about the study and will not have access to participants’ personal details or interview transcripts.

#### ***What is involved?***

We would like to invite you to take part in an interview on Skype, at a time that is convenient for you, that will last approximately 1 hour (up to 1.5 hours). One of the study researchers, Pippa, Nerissa, Rebecca or Jill, will conduct the interview. During the interview we will ask you about your experiences of using Natural Cycles and planning a pregnancy.

The interviewer will ask you about how you first started using Natural Cycles and how you use it now or used it in the past. They will also ask about your relationship (if you are in one), your plans and experiences of trying to conceive, and your sexual practices (e.g. when you have sex). We realise these can be sensitive issues that may be difficult to talk about. We will take great care to ask questions as sensitively as possible. We will also try to ensure that the content of the interview is led by you as well as the researcher, and what you wish to talk about.

You do not have to talk about anything you would rather not discuss and can stop the interview at any time, without explaining why. With your permission, the interview will be audio-recorded. After the interview, the recording will be transcribed and both the recording and transcript will be saved in a secure, password-protected location that can only be accessed by the study researchers. The recording will be deleted at the end of the study. If students at LSHTM or the

University of Plymouth wish to become involved in analysing anonymised interview data, this will require prior approval and direct supervision by the research team.

***Can I stop the interview at any time?***

**Yes.** If you do choose to take part, you may stop taking part at any time – it is completely up to you. This will have no implications for your care, treatment or support. We understand that some questions may be sensitive and we will take great care to ask questions as sensitively as possible.

***Is the research confidential?***

**Yes.** Your personal identity will be protected at all times. All the information you provide, both when answering questions to see if you are eligible to take part in the study, and from the interviews themselves, will be stored securely. Whenever we write or talk about anything we have been told, we will never use your real name. Nothing you discuss will be linked to you.

The only exception would be if you told us something that we thought indicated you were in immediate danger or that a child was being harmed. In this case we may have to tell someone, although we would always discuss this with you first.

***What contact information do I need to provide?***

**Email address.** We ask for your email address so we can arrange the interview with you.

**Skype name.** We ask for your skype name so we can conduct the interview with you.

**Home Address.** We ask for your home address in case you become ill or any safeguarding concerns arise during the interview, as the interview is conducted remotely.

This contact information is kept separately from the study data. We will delete your Skype account name from our Skype account once the interview has been completed. All contact details are stored securely for the duration of the project and deleted when the project is completed (the project end date is 31<sup>st</sup> May 2019). It is deleted sooner if possible.

***Will I be compensated for my time?***

To thank you for your participation and for your time, we will give you a £40 gift voucher.

***How will the research be used?***

The research team will write up the findings to improve understanding of how people are using technology to help conceive, for publication in academic articles. We will also prepare a summary that will be publicly accessible. Anonymised direct quotes from the interviews will be used.

**The interviews will only start once you have had the opportunity to ask any questions you may have, and have completed the online consent form.**

**If you do decide you would like to take part in the study, your help will be very valuable to us.**

**For more information, please contact Pippa Grenfell: [pippa.grenfell@lshtm.ac.uk](mailto:pippa.grenfell@lshtm.ac.uk) or go to our website [www.lshtm.ac.uk/freyja](http://www.lshtm.ac.uk/freyja)**

***Thank you for reading this leaflet!***