

PARTICIPANT INFORMATION SHEET

A Healthy Pregnancy:

What Matters to Japanese Mums' Life in New Zealand?



LIGGINS
INSTITUTE

Liggins Institute | University of Auckland
Private Bag 92019 | Victoria Street West
Auckland 1142 | New Zealand
P (09) 923 4282

Lead Researcher: Dr Jacquie Bay, *Senior Lecturer, Liggins Institute, University of Auckland*

Co-Researchers: Professor Frank Bloomfield, *Director, Liggins Institute, University of Auckland*
Dr Tomoko Aoyama, *Research Fellow, Liggins Institute, University of Auckland*

Researcher introduction

My name is Tomoko Aoyama and I am a Visiting Research Fellow at the Liggins Institute, University of Auckland. I am visiting New Zealand to do research into how early-life nutrition can improve children's future health. As a part of my research, I would like to interview Japanese women who gave birth in New Zealand recently and to explore their experiences and perceptions regarding lifestyle behaviour during pregnancy and after birth. You are invited to participate in this study.

What is the purpose of this study?

Pregnancy is a time of dramatic changes for a woman's body. Advice on diet, physical activity, and body weight are often given by healthcare professionals to promote a healthy pregnancy. This may bring changes in health-related lifestyle behaviours. These messages may be confusing for immigrant women because of 'gaps' in culture, language, and clinical practice between the country they are living in and their home country. There has been little information on how Japanese women are addressing such gaps during pregnancy abroad. The purpose of this study is to obtain a better understanding of Japanese immigrant women's experience and perception during pregnancy and after birth, with regard to health behaviours related to body weight, including diet and physical activity.

What does this study involve?

We are seeking for women to take part in an individual interview of 60 to 90 minutes in length. The interview will be scheduled at 3 to 4 months after birth. A Japanese researcher, Dr Tomoko Aoyama, will ask some questions about lifestyle behaviours including diet, physical activity, weight management in the Japanese language, sitting in a secure meeting room at the University of Auckland. Participants may join the interview via a video-conferencing app (Zoom) wherever it is convenient for you. A face-to-face option will be available for participants who live in Auckland. The conversation will be recorded using an audio recorder, which will be transcribed by the researcher and by an independent transcription service provider who has signed a confidentiality agreement. All recordings will be audio only via an external recording device, thus ensuring that faces are not captured in any recording.

Will I benefit from the study?

As consideration for your time, you will be received a \$50 Countdown gift card.

What if I don't want to participate in this study, or if I want to withdraw later?

Participation in the study is entirely voluntary. No organisation or group may give or withhold permission on behalf of a member. Eligible participants who wish to take part will be required to give written consent to join the study. Participants are entitled to withdraw from a research project at any stage without giving a reason. Even after participants agree to take part, they may choose to stop taking part, not answer a

question, or leave the interview at any time without needing to supply a reason. Withdrawing after the interview has started will not affect your right to receive a gift card. After the interview, participants have the right to withdraw the data they have provided, until the analysis commences. However, it may be not possible to withdraw data once the analysis has commenced. Participation or non-participation in this study must not affect any relationship with your midwife or access to health care services.

How will my data be stored and destroyed?

All data will be stored electronically in password-protected files on a secure network drive managed by the University of Auckland for at least six years after data collection. After the minimum storage time has occurred, the data will be destroyed and erased from the University of Auckland network.

How will my confidentiality be protected?

Preserving confidentiality is very important. Participation will remain confidential to the research team, and information will be de-identified prior to reporting. To protect the identity of study participants, the interviewer will sit in a secure room with no other people present. Findings will be reported in a way that does not identify individual contributors, nor present information that can be linked to specific participants. If your contribution is quoted/published in a report, this will be done in a way that does not identify you as its source.

Following analysis of the data, a summary of the results will be sent to all participants and other parties who are interested. You can indicate your preference to receive or not to receive the summary when you register for the study.

Funding

This project has received no dedicated funding from any source.

Dr Tomoko Aoyama has received a Grant-in-Aid for JSPS (Japan Society for the Promotion of Science) Fellows, which can partly cover the cost for this study.

Contact details and approval

If you have any queries or wish to know more about this study, you may contact me, my supervisor, or my head of department using the details provided below.

Dr Tomoko Aoyama
Co-Researcher
Liggins Institute
University of Auckland
t.aoyama@auckland.ac.nz

Dr Jacquie Bay
Lead Investigator
Liggins Institute
University of Auckland
09 9234282
j.bay@auckland.ac.nz

Professor Frank Bloomfield
Supervisor
Liggins Institute
University of Auckland
09 9231336
f.bloomfield@auckland.ac.nz

For any concerns regarding ethical issues you may contact the Chair, the University of Auckland Human Participants Ethics Committee, Office of Strategy Research and Integrity, University of Auckland, Private Bag 92019, Auckland 1142. Telephone 09 373-7599 ext. 83711. Email: humanethics@auckland.ac.nz

Approved by the University of Auckland Human Participants Ethics Committee on **28/07/2021** for three years.
Reference Number **UAHPEC2969**.