FIFO Pregnancy - Survey Information Form - Pilot Study

Please contact Lorili Jacobs for further information. Phone: 0404 303 440 or 08 9346 7362 Email: Lorili.Jacobs@uwa.edu.au

Are you in your first trimester of pregnancy?
If so, you may be interested in participating in this study being conducted by The University of Western Australia, School of Population Health and WA Centre for Rural Health.

What is the purpose of the study?
The major aims of the study are: to find out how women experience pregnancy when they or their partner work Fly-In Fly-Out (FIFO) and to better understand stress during pregnancy. Pregnancy is such an important and a vulnerable time for the fetus. Both environmental (“outside”) and psychological (“personal”) events are significant during pregnancy. We would like to better understand how these issues work together to impact the overall health of mothers and babies in Western Australia. Over the coming years we plan to involve as many pregnant women as possible. The more participants we have in this study, from all walks of life, the more we can learn. Our ultimate goal is to gather knowledge that can improve the health and development of our children.

What are we studying?
- FIFO is a significant way of life in Australia, Canada, UK and elsewhere. There are no reports describing pregnancy for women with a partner who works FIFO or for women who work FIFO themselves. Some people find pregnancy easy and others find it difficult. Antenatal care for FIFO women may need improvement but first we need to know what is going well and what is not going well. This study is a world 1st to ask women’s opinions about significant pregnancy events and how they experience stress and cope with FIFO issues.
- We are asking about the environment we live in, daily lifestyle activities, nutrition, physical health and past pregnancies. The shorter follow-up questionnaire in 3rd Trimester asks about overall wellbeing and other events experienced during the pregnancy.

Who can participate?
You are eligible to participate if you are:
- Over 18 years old
- In the first 15 weeks of your pregnancy
- Living in Perth, Peel, Rockingham, Bunbury or Busselton regions however everyone is welcome

What do you have to do to participate in this study?
1) Complete one questionnaire now and a brief follow-up survey will be sent out later.
What are the survey questions about?
Questions are about how you feel about FIFO work and lifestyle, your thoughts about significant pregnancy events and what actions (if any) are needed to improve your experience of pregnancy. There are also some questions about past pregnancies you have had as well as daily lifestyle activities, health, and nutrition.
How long will the survey take? About 30 minutes for initial survey & 10 minutes for the follow-up survey

2) Consent to linking the information you provide with your baby’s birth information
Why do we need to do this?
To improve health for mothers and babies we use records linkage to obtain birth weight, gestation and other health information that is routinely collected by hospitals, midwives and the Department of Health. We do not need to contact you again in person.

**How will you benefit from participating in this study?**

If you participate in this study, you will:
- Enter the draw to win a $500 Coles/Myer voucher
- Contribute to knowledge that may ultimately improve public health

**How will your privacy be protected?**

Any information you provide will be kept strictly confidential. No personal information will ever be included in any published reports of the study. You are free to withdraw from the study at any time and you do not have to explain why. This will not affect your care in any way.

**Would you like to participate?**

- **If you found this Information Sheet on the website** please click GO TO SURVEY. Follow the instructions to fill out the Consent Form, click AGREE and then click START SURVEY. Thank you in advance for your valuable time.
- **If you are ready to do the survey now using the printed format**, please fill in the consent form that is separate to this Information Sheet and return it to the research staff who will give you the printed survey question booklet. Thank you in advance for your valuable time.
- **If we sent this information in a letter inviting you**, we appreciate receiving your response within 2 weeks, however we understand that you might be very busy and don’t find the time to do this, or you may misplace the documents. If we do not hear from you, we may invite you again.
- **If you want a researcher to contact you** before you make a decision, please contact us with your e-mail address or phone number so we can get in touch with you.

**Contact us**

This research is being undertaken by PhD candidate and study coordinator Lorili Jacobs in conjunction with supervisors: Professor Angus Cook, Professor Sandra Thompson and Dr Kimberley McAuley.

If you or anyone else would like more information please contact Lorili (Lori) Jacobs.
The University of Western Australia  
School of Population Health and WA Centre for Rural Health  
Phone: 0404 303 440  
E-mail: Lorili.Jacobs@uwa.edu.au or fifopregnancystudy@gmail.com

Alternatively you can contact Professor Angus Cook:  
The University of Western Australia  
School of Population Health  
Phone: 08 6488 7805  
Email Angus.Cook@uwa.edu.au

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Approval to conduct this research has been provided by The University of Western Australia, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make complaints about this research project by contacting the Human Research Ethics Office at The University of Western Australia by calling (08) 6488 3703 during office hours or by emailing to hreo-research@uwa.edu.au. All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.