



University of
HUDDERSFIELD
Inspiring global professionals

Participant Information Sheet

Title of the Project: The MIND Mental Health Study (**Midwives and Interpreters Navigating Discussion of Mental Health**)

Research Team: Dr Amanda Firth, Dr Zoe Darwin & Dr Tomasina Stacey

1. What is the purpose of this study?

Perinatal mental health difficulties affect around 20% of pregnant women and new mothers, and rates are thought to be higher in women from minoritised backgrounds, particularly those who are not fluent in the language of the country they reside in. Concepts of mental health are culturally influenced and some vocabulary used in English language-based discussions does not have a direct translation or cultural equivalence. There is minimal research published about how midwives and interpreters work together to help women discuss their mental health. This study aims to explore the strategies that midwives and interpreters use when working collaboratively to facilitate mental health discussions with women using UK maternity services. The findings will be used to develop a set of good practice recommendations for use by midwives and interpreters in the UK.

2. Why have I been invited to participate?

You have been invited to participate because:

- A) You have experience of contributing to midwife-woman-interpreter discussions of mental health in UK maternity services
- B) You are a midwife working in UK maternity services who has experience of working alongside interpreters in maternity appointments OR you are a qualified interpreter who has experience of supporting women's language needs in UK maternity appointments

- 3. What will happen if I take part?

If you agree to participate, you will be invited to attend a one-to-one interview with Dr Amanda Firth (Primary Researcher) at a time that is convenient to you. The discussion will focus on your strategies for facilitating mental health discussions with women and how you adapt your practice to be helpful according to different women's needs. It will also

consider the strategies you use to foster effective collaborative working between you and the other professional (midwife or interpreter).

All interviews will be completed remotely via either telephone, audio online call or video online call, depending on your preference. The interview will be recorded and recordings will be promptly destroyed after the interview has been transcribed verbatim (written up word for word). You will be provided with a £20 Amazon gift voucher in remuneration for your time.

4. Do I have to take part?

No, participation is entirely voluntary. You may also withdraw from the study within 2 weeks of participating in an interview without giving a reason. If you withdraw within this time, any data you provided will be securely deleted.

5. What are the potential risks of participating?

The risks associated with this study are low. The discussion will focus on the strategies that you use to facilitate effective mental health conversations, and we do not anticipate that this will cause distress. However, if you do feel uncomfortable, you can choose not to answer certain questions or ask to discontinue the interview at any time. After the interview, you will be provided with information about sources of emotional support, including national helplines.

6. Will my participation be kept confidential?

Yes, your identity and all data collected during the interview will remain confidential. Any personal details, such as your name, identifying information about yourself or geographical region that you work, will be removed from the transcripts. Only the research team will have access to the raw data. The audio recordings will be securely stored and deleted after transcription. In reports, publications, or presentations, no information will be included that could identify you. Your data (consent form and anonymised transcript) will be stored securely for ten years following project completion and then deleted, in line with the University's data protection policies.

7. What will happen to the results of the research?

The findings from this study will be used to inform the development of good practice recommendations. The findings will also be published in academic journals and presented at academic conferences. The words that you have used may be used as quotations in the findings; however, you will not be personally identifiable in any publications or presentations. Findings may also be used to support midwifery training events and interpreter training events.

8. Who is organising and funding the research?

This research is being conducted by Dr Amanda Firth (with mentorship from Dr Zoe Darwin (University of Huddersfield) and Dr Tomasina (Kings College London)) as part of a post doctoral fellowship award funded by Wellbeing of Women in collaboration with the Royal College of Midwives and Burdett Trust for Nursing.

9. Who has reviewed the study?

This study has been reviewed and approved by the University of Huddersfield's School of Human and Health Sciences Research Ethics Committee [Reference SREIC/2025/007].

10. What if I have concerns or questions about the study?

If you have any questions or concerns about your participation, you are welcome to contact Dr Amanda Firth as the primary researcher:

Amanda Firth a.d.firth@hud.ac.uk