

The Plan-it Study: Focus group for people who use or have used contraceptive coils or implants (rods)

Chief Investigator: Dr Sue Channon

Thank you for completing the Plan-it Study online survey, which asked questions about your experiences of conversations with healthcare professionals regarding weight and whether it would be possible to do a research study that asks people who are overweight to delay removal of their contraceptive coil/implant/rod (also known as Long Acting Reversible Contraception, or LARC) to take part in a weight loss programme prior to trying to get pregnant.

We are now inviting you to take part in a focus group; we will present you with some detail of a possible weight loss programme, which women would be able to attend before they become pregnant and then we would like to find out your views about the programme. Before you decide to take part it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you want. Ask us if there is anything that is not clear or if you would like more information.

What is the aim of the study?

The overall aim of the **Plan-it** study is to find out if it would be possible to do a research study that asks people who are overweight to delay removal of their contraceptive coil/implant/rod to take part in a weight loss programme prior to trying to get pregnant. The aim of this focus group is to gather the views of people with experience of using these contraceptives, about the components of a potential pre-pregnancy weight loss programme.

Do I have to take part?

No, and if you do decide to take part, you are free to withdraw at any time, without giving a reason.

What will I have to do if I am happy to take part?

We will arrange for you to attend an online focus group ZOOM. The meeting will be informal and will be made up of up to 10 women and 2-3 members of the Plan-it study team. We will present details of a possible weight loss programme, which women may be able to attend pre-pregnancy, then we want to hear your views about the weight loss programme. At the focus group, you will be asked to give consent to allow us to audio record (voice record) the focus group.

When and where will the focus group take place?

- The online focus group will take place on Monday 1st February at 7pm.
- We expect the focus group to last up to 1 and a half hours.
- Due to the COVID19 outbreak, we will be holding the focus group online via the ZOOM platform (<https://zoom.us/>). We will send you a link to the meeting invite. If you have any questions about signing in to ZOOM or joining the meeting, please contact the study team (Plan-It@cardiff.ac.uk).

Will I be paid to take part in the focus group?

Unfortunately, we are not able to pay you to take part. However, you will be provided with £50 of high street/ online vouchers following the meeting as a thank you.

What will happen to the recording?

The online meeting will be recorded. Named researchers at Cardiff University will listen to the recording and may create a written version (called a transcript) of what was said in the group discussion. If transcripts are created then any names will be removed from these transcripts so that all of the information will be pseudonymised (this means when we are reading the transcripts we will not be able to identify you, we will not use your name or personal details at all). All your information will be kept on a password protected computer and all the transcripts will be kept in a locked file cabinet at Cardiff University.

We will keep all the information you give us during the session confidential. Any information you provide that is published will be anonymised, that is your name and personal details will not be used in results we publish from the group discussion.

Are there any risks to taking part?

No; although some people may find some of the questions regarding a weight loss programme sensitive.

Are there any benefits to taking part?

Although we do not think that you will benefit personally, this will provide you with opportunity for you to have your say, you will also be helping with the research.

What will happen if I don't want to carry on with the study?

You can withdraw from the study at any time, without giving a reason.

What if there is a problem?

If you have a concern about any aspect of this study, you can speak to the researchers at Cardiff University who will do their best to answer your questions (contact details on this page). If you remain unhappy and wish to complain formally, the researchers will pass you to the relevant person within Cardiff University.

What will happen to the results of the study?

A report of the research results will be completed and sent to the National Institute for Health Research, who are paying for the study. Results will be published in scientific journals and presented at scientific meetings. Once the research study is complete the results will be posted on the Centre for Trials Research website (currently <https://www.cardiff.ac.uk/centre-for-trials-research>) and made available to those who took part.

Who is organising and paying for the research?

This study is being organised and led by researchers from the Centre for Trials Research, Cardiff University. The research is being paid for by the National Institute for Health Research.

Who has reviewed the study?

This study has been reviewed and given a favourable opinion by the Cardiff University School of Medicine Research Ethics Committee.

Contact for Further Information

Study email: Plan-It@cardiff.ac.uk

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THANK YOU FOR CONSIDERING TAKING PART IN THIS STUDY.