

The Plan-it Study-Supporting people to lose weight

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Do you support people to lose weight as part of your job?

We would value your help with our research.

Os oes angen y wybodaeth arnoch neu i gwblhau'r arolwg yn Gymraeg, cysylltwch: Plan-It Study Manager/ Plan-It [@cardiff.ac.uk](mailto:Plan-It@cardiff.ac.uk) / 02920687624)

(If you want this information or to complete the survey in Welsh, please contact: Plan-It Study Manager/ Plan-It [@cardiff.ac.uk](mailto:Plan-It@cardiff.ac.uk) / 02920687624)

We are a group of researchers in Cardiff University who are interested in understanding people's experiences of weight management when they are trying to get pregnant.

The time during which women are planning a pregnancy can be a good chance for them to think about whether their diet and lifestyle habits are keeping them healthy. Research shows that people who start their pregnancies at a healthy weight have less chance of experiencing pregnancy-related complications, and other health-related problems, when compared with people who are overweight.

For the Plan-it study, we are particularly interested in finding out whether people who are planning to have their contraceptive coil or implant (e.g. a rod, or Mirena) removed because they would like to get pregnant, would consider taking part in a programme or activity designed to help them achieve a healthy weight before getting pregnant. In order to do this, we want to speak to people who help people lose weight as part of their job to hear about your experiences of helping women to lose weight and particularly when they are trying to get pregnant.

We are inviting you to take part in a short survey to tell us about your experiences and what you think works when people are trying to lose weight. Before deciding if you want to take part, it is important that you understand why the research is being done and what it will involve.

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 (also known as Long Acting Reversible Contraception, or LARC) to take part in a weight loss programme prior to trying to get pregnant.

Who can take part?

We are inviting anyone living in the UK who helps people lose weight as part of their job (e.g. dietician, fitness instructor, weight loss consultant, psychologist) to tell us about their experiences, thoughts and opinions on how to help people lose weight.

What will happen if I take part?

We are asking you to complete a short survey to tell us about your experiences and views.

What will happen to the results of the study?

The results of the survey will be included in the **Plan-it** study findings which will be reported in academic journal articles, at conferences and in the media. Quotes of what you say in the survey may be used in these reports, but they will be completely anonymous and will not include any personally identifiable information.

What will happen to my information?

Cardiff University will control and process all study data and will be responsible for looking after your information and using it properly. You can complete the survey anonymously. However, if you do provide any identifiable information (e.g. an email address), Cardiff University will securely store this information about you for a minimum of 12 months after the study has finished. The research data generated by this study will be kept for 15 years. All data will be used in accordance with the EU General Data Protection Regulation (GDPR) 2018 and the UK Data Protection Legislation 2018.

Contact details

If you have any queries / concerns, please contact the study team on:

Plan-it@cardiff.ac.uk / 02920687624

Page 2: Eligibility

Are you currently living in the UK? (please tick one box)

- Yes, I do live in the UK
- No, I do not live in the UK

Page 3: Eligibility

Do you support people to lose weight as part of your job?

Yes

No

Page 4: About your job

Please answer the questions in this survey as if you were in usual work circumstances i.e. pre-COVID 19 social distancing restrictions.

What is your job? (Please tick all that apply)

- Weight loss consultant (i.e. Slimming World, Weight Watchers)
- Personal trainer/ fitness trainer
- Dietician/ nutritionist
- Psychologist
- Other (please specify)

If you selected Other, please specify:

What organisation do you work for? (tick all that apply)

- NHS
- Private healthcare
- Slimming World / Weight Watchers or equivalent
- Local authority (e.g. leisure centres)
- Private gymnasiums
- Other

If you selected Other, please specify:

Are people referred from GP practices to your service for weight loss?

- Yes
- No

How is your service delivered? (please tick one answer)

- All face-to-face
- All online or telephone
- A mix of face-to-face and online / telephone

Please describe

How would you describe your service/programme?

Page 5: About your clients

Clients who are pregnant

Do you work with women who are pregnant?

- Yes
- No

If yes, are there any adaptations of the program for pregnant women? Please describe.

Page 6: About your clients

Clients who are planning a pregnancy

Have you worked with women who are attending your service with the aim of losing weight in order to conceive?

- Yes
- No

If yes, approximately how many women do you see per month who are losing weight to increase their chances of conception?

- None
- 1--2
- 3-4
- 5 or more

Have you worked with women attending your service with the aim to lose weight in order to experience a healthier pregnancy?

- Yes
- No

If yes, approximately how many women do you see per month who are losing weight in order to experience a healthier pregnancy?

- None
- 1-2
- 3-4

5 or more

For women wanting to lose weight as part of planning a pregnancy

i) what do you think are the most important parts of your programme?

ii) is there anything else you recommend that they do in order to lose weight?

iii) what do you think helps women to succeed in losing weight as part of planning a pregnancy?

Page 7: About your clients

Couples planning a pregnancy

Do couples who are trying to conceive attend your services to lose weight?

- Yes
- No

If yes, approximately how many couples do you see per month who are losing weight as part of planning a pregnancy?

- None
- 1-2
- 3-4
- 5 or more

Page 8: Thank you

Thank you for completing this survey.

We would like to enter all people who complete this survey into a prize draw to win £100 of high street vouchers. Would you like to be entered into a prize draw?

- Yes, I do wish to be entered into a prize draw
- No, I do not wish to be entered into a prize draw

We would like to contact participants to help us when we are a bit further on in our study e.g. to ask if they would be willing to take part in an interview or an advisory group meeting. Are you happy to be contacted in the future by the study team?

- Yes. I am happy to be contacted by the study team.
- No. I am not happy to be contacted by the study team.

If you have entered **yes** to the above question, please complete your contact details below.

The only people in Cardiff University who will have access to information that identifies you will be people who need to contact you in relation to your participation in the study or audit the data collection process. The people who analyse the information will not be able to identify you and will not be able to find out your name or contact details. Individuals from Cardiff University and regulatory organisations may look at your research records to check the accuracy of the research study.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

Name

Email address:

Telephone number

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This is the end of the Plan-it Study survey.

Thank you very much for spending your time completing the survey

From the Plan-it Study team
