**Biomechanical assessment of bed-Body Interface pRessure during lying birTHing positions (Bio-BIRTH)**

You are being invited to participate in this evaluation study to explore the pressure distribution properties of five different birthing positions. Before you decide whether to participate, 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 feel free to ask us if you would like more information or if there is anything that you do not understand. We would like to stress that you do not have to accept this invitation and should only agree to take part if you want to.

Thank you for reading.

**What is the purpose of the study?** We want to establish how different birthing positions influence bed-body interface pressure distribution.

**Why have I been invited to take part?** You have been invited to take part because you are a healthy female adult over the age of 18, and of reproductive age (<49 years). You are free from injury, pain, and illness, with no medical condition that may limit your ability to lie on your back or left side. To reiterate, if you cannot lie on your back and side, you will not be eligible to take part in this study.

**What will happen if I take part?** You will attend a single data collection session on campus (GR177 Midwifery Suit). You will be asked to fill a consent form to agree to partake in the study. You will then be asked to change into either leggings and loose top, or shorts and t shirt for us begin. You will be asked to adopt five different birthing positions:

1. Lying flat on your back with your legs in stirrups;

2. Lying on your back with your legs in stirrups, with the head of the bed slightly raised;

3. Lying flat on your back with knees bent and feet flat on the bed;

4. Lying on your back with knees bent and feet flat on the bed, with the head of the bed slightly raised;

5. Left side lying position.

You will remain in each position for 10 minutes whilst pressure data is collected using a full body pressure mat. At the end of the ten minutes, you will be asked to perform closed-glottis pushing (holding your breath while pushing) for a duration of 6 seconds to reflect the bearding down activity of labour. You will be coached to firstly take a deep breath then hold the beath and bear down for 6 seconds.

We will also collect your age, height, and weight for analysis purposes. At the end of the data collection session, you will receive a £20 thank you gift voucher. If you are in receipt of state benefits you are advised to check the impact of the voucher on their benefit entitlements.

**Are there any risks or benefits from taking part?** There will be no direct benefits to you for taking part in this study. We will ask you to be maintain each position for 10 minutes at a time, but this should not place any more stress on your joints than normal, therefore the risk of injury is very low. Helping us to understand more about the impact of different birthing positions on bed-body interface pressures may help to inform future patient care.

* **COVID-19 Related Risk:** it would not be possible to collect this data remotely. Despite safety measures being put in place to minimise the risk, there remains a potential risk of exposure to COVID-19, due to face-to-face interaction.
* **What precautions will you take to help protect me from the coronavirus?** Hand sanitiser will be provided for use throughout. We will follow the latest government advice. Only yourself and up to 3 of the research team will be present at the session. Researchers will be carefully positioning you on the pressure mats so will be within 1m distance of you, but data collection will be done from a distance.
* **What can I do to help protect you from the coronavirus?** If you have tested positive or have any symptoms of COVID-19, your data collection session will be delayed until a later date.

**Data Information:** The University processes personal data as part of its research and teaching activities in accordance with the lawful basis of ‘public task’, and in accordance with the University’s purpose of “advancing education, learning and research for the public benefit”. Under UK data protection legislation, the University acts as the Data Controller for personal data collected as part of the University’s research. The University privacy notice for research participants can be found at <https://www.uclan.ac.uk/data_protection/privacy-notice-research-participants.php>.

**How will my data be stored?** All data will be stored on password protected, university imaged computers and only the research team will have access to it. The non-identifiable data set will be uploaded to UCLanData to support Open Science, but you will not be identifiable from this.

**How long will my data be stored for?** Data will be stored for up to 7 years and will then be disposed of in line according to university procedures and regulations.

**Will my data be anonymised?** All data will be anonymised at the point of collection. In line with Open Data and Data Sharing principles, my anonymous/non-identifying data will be deposited in the UCLanData repository (under restricted access) for sharing and use by other authorised researchers to support other research in the future

**What happens when the research study stops?** You will not be contacted or required to complete any further assessments regarding this study.

**What will happen to the results of the study?** The anonymised results of the study will initially be published in a report for the collaborating external partners and may be submitted to a peer reviewed journal and / or conference. The anonymised pressure data collected may be archived for future analysis, but you will not be identifiable in any way.

**What will happen if I want to stop taking part?** You are free to withdraw from the study at any point up until the end of your data collection session. You do not have to provide a reason for your decision. You can withdraw by contacting the research team directly. After this point, all data will be anonymised, and withdrawal will not be possible.

**What if I am unhappy or if there is a problem?** If you have a concern about any aspect of this research study, you should ask to speak to a member of the research team who will do their best to answer your questions. If you remain unhappy and wish to complain formally you can do so by contacting [Officerforethics@uclan.ac.uk](mailto:Officerforethics@uclan.ac.uk).

**Who can I contact if I have further questions?** The study team in the Allied Health Research Unit are conducting this study. If you have any queries please contact the research team at: [**ICResearch@uclan.ac.uk**](mailto:ICResearch@uclan.ac.uk)or **Dr Ambreen Chohan**: [AChohan@uclan.ac.uk](mailto:AChohan@uclan.ac.uk) **Tel:** 01772 892793

***Thank you for taking the time to read through this information and for considering the invitation to participate.***