FOR RESEARCH PARTICIPANTS

Do you know your rights as a research participant?

INFORMED CONSENT

You have the right to be informed and understand the nature of the study, its risks, and its benefits before you agree to participate.

VOLUNTARY PARTICIPATION

Participation in any research study is completely voluntary. You have the right to withdraw at any time without any negative consequences.

CONFIDENTIALITY

Your personal information and responses will be kept confidential and used only for the purposes stated in your consent form.

RESPECT AND DIGNITY

You have the right to be treated with respect and dignity during the entire research process.

ACCESS TO DATA

You have the right to know how your data is processed in accordance with the relevant regulatory framework for your region.

ETHICAL ASPECTS IN RESEARCH

DEPRESSION DURING PREGNANCY AND POSTPARTUM

Funded by the European Union

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RISEUP-PPD Research Network in PeriPartum Depression Disorder

FOR RESEARCHERS

Have you considered the researcher/participant dynamic?

TRUST

Trust between the researcher and participant is crucial at all stages of the research process. Ensure transparency and clear communication to foster trust.

PARTICIPANT UNDERSTANDING

Ensure participants fully understand the nature of the study, its risks, benefits, and that participation is voluntary and the participants have the right to withdraw at any time. Misunderstandings can occur, which could affect your results.

PARTICIPANT MOTIVATION

Understand that participants may be motivated by various reasons to participate, including perceived benefits of participation and the desire to contribute to society. Remember to be aware of negative motivations such as coercion.

ACCESSIBILITY

Make the study as accessible as possible. Participants favour interventions that are convenient and minimise their time commitment and travel-related costs.

RETENTION STRATEGIES

Plan for and implement different retention strategies according to the particular circumstances of the participants.

CHECKLIST FOR RESEARCH PARTICIPANTS

Before you agree to participate in a research study, make sure:

- [ ] You understand the purpose of the study.
- [ ] You understand the potential risks and benefits.
- [ ] You know that participation is voluntary and you can withdraw from the study at any time.
- [ ] You know how your personal information will be protected.
- [ ] You feel comfortable asking questions and have had all your questions answered.
- [ ] You know how your data is being processed in the study.
- [ ] You feel respected and treated with dignity.
- [ ] You understand what is expected of you during the study.
- [ ] You know who to contact if you have any concerns or questions during the study.
- [ ] You have received a copy of the consent form for your records.
- [ ] You understand that participating in the study is not a replacement for your current treatment. Participating in research might not always result in improving your mental health.
- [ ] You have considered the potential benefits of participation, including gaining support, resources, and learning opportunities.
- [ ] You have considered the potential risks and costs involved in participating in the study such as time commitment and travel and childcare costs.

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CHECKLIST FOR RESEARCHERS

Before initiating a research study, make sure:

- [ ] You have a clear understanding of the ethical issues involved in perinatal mental health research and have obtained all the necessary ethical approvals and permits.
- [ ] You have a plan to ensure the confidentiality and privacy of participant data.
- [ ] You have a process for participants to ask questions and express concerns throughout the study.
- [ ] You understand that you have a responsibility to withdraw any participant from the study when their participation results in unacceptable harm. You have a duty to guide those participants to health care services when needed.
- [ ] You have developed a clear and understandable informed consent form that outlines the purpose, risks, and benefits of the study and all the information that is relevant for the participant.
- [ ] You have developed strategies for participant retention, keeping their particular circumstances in mind.
- [ ] You have a plan to treat all participants with equal respect and dignity throughout the research process.
- [ ] You have a process for dealing with participant data and information requests in compliance with your region's regulatory framework.
- [ ] You have strategies to ensure that participants understand that the study is not a replacement for their current treatment.
- [ ] You have considered the potential for participants to view the study as a gateway to gaining support and resources and have addressed this in your communication and study design.