

The B-CARE Project: Baby and Co-Parent Attachment, Resilience and Empowerment

Participant information sheet

Dear Parent,

We would like to invite you to take part in a research project funded by Foundations, an independent not-for-profit nationally funded charity that wants to help improve services for children and families by finding out more about what works. Foundations has appointed RAND Europe, an independent not-for-profit research organisation, to do this research project. Joining the project is up to you, but before you decide we would like you to understand why the project is being done and what taking part involves.

The person who gave you this form will go through it with you to help you decide whether you would like to take part. Please ask if you have any questions. If there is anything you do not understand in this form you can also contact the researchers via email at bcare@randeurope.org.

What is the project about?

We are doing the B-CARE project to understand what type of support works best for parents who are expecting a baby and are seeking help to end harmful and hurtful behaviour related to domestic abuse in their co-parent relationship. We want to help improve services for families. It will also teach us valuable lessons about how to design and conduct research studies with parents who would benefit from such support.

How will the project work?

In this small project, we are comparing getting the usual support services with getting these services plus *For Baby's Sake*. *For Baby's Sake* is a therapeutic programme that works with the whole family and aims to improve results for both the parents and the babies. It starts in pregnancy and continues up until the baby's second birthday.

To make sure the comparison is fair, and the results trustworthy, we use a process of random assignment. Random assignment is done by a computer to make it fair and anonymous, so that everyone is equally likely to receive either one of the two support options we are looking at. This way we can be more confident that any differences we see in the results are because of the support service being studied and not because of other factors. In other words, it helps us trust the results of the project more.

If you choose to take part in the project, you will be randomly assigned to one of two groups:

- Group 1 will receive the usual support services currently available to parents like yourselves at participating sites.
- Group 2 will receive the usual services plus *For Baby's Sake*.

What are the benefits of taking part in the project?

There are a number of benefits of taking part in the B-CARE project:

- Both groups may offer potential benefits to participants, including improved well-being for both parents and babies.
- Both groups offer parents an opportunity to voice their thoughts, any concerns and feedback about the support they receive. This valuable input will be used carefully, helping to shape decisions and actions that can help improve the lives of children and families like themselves.
- More broadly, taking part in the project contributes to improving knowledge and about what works in supporting co-parents who are seeking help to end harmful and hurtful behaviour related to domestic abuse in their co-parent relationship, want to co-parent, whether together as a couple or not, and want to improve things for their baby and themselves.

What does it mean for me to be part of the project?

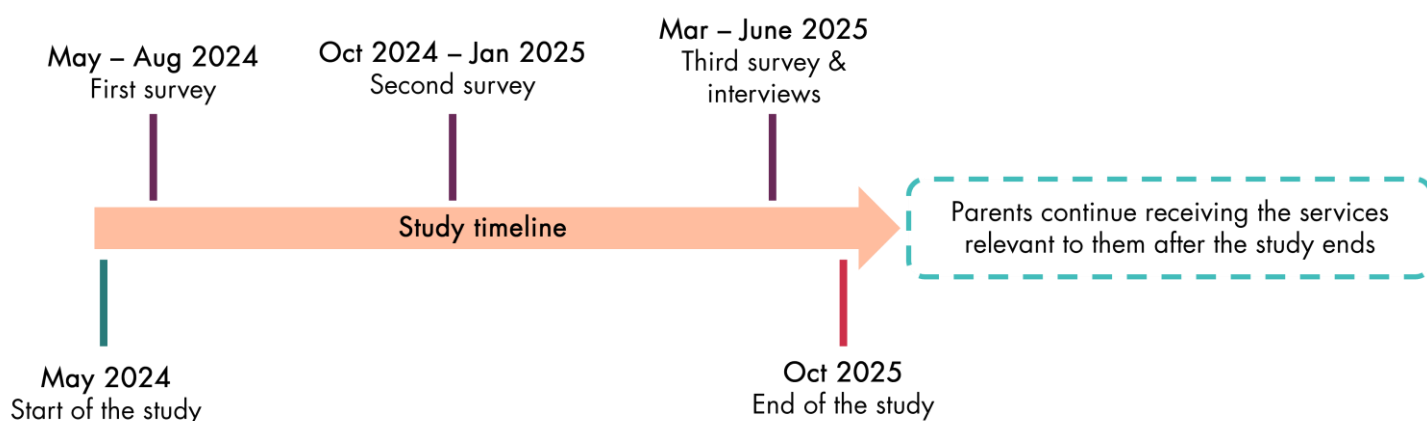
We are asking you to take part in the B-CARE project. If you agree to take part:

- We will ask you to complete one survey now, a second survey in October – December 2024 and a final survey in March – May 2025.

- The research team might also contact you to invite you to take part in an interview about your experience of the project.
- Your personal information will be collected for research purposes.
- Your personal information will be kept for up to 12 months after the project has ended.
- Your personal information will be shared with the research team and linked (this is explained in more detail below).
- The research team will contact you.
- Your information will be stored in the Foundations Data Archive so it can be used for future research.

Each parent will also receive £60 as a thank you for their participation. This will be divided into £15 on completion of the first survey (May – July 2024), £15 on completion of the second survey (October – December 2024), and £30 on completion of the final survey (March – May 2025).

Timeline



The rest of this information sheet tells you more about what taking part involves.

The project

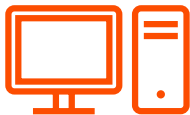


We would like to invite you to take part in a research project (B-CARE) funded by Foundations, who has appointed RAND Europe to do this project.

Joining the B-CARE project is up to you, but before you decide we would like you to understand why the project is being done and what taking part involves.

Random assignment

If you choose to take part, we will ask you some questions about yourself and your wellbeing before you start receiving support.



A computer programme will randomly place you into one of two groups. Your answers to the questions about yourself and your wellbeing will not have an influence on this.

The healthcare professionals, social services workers, service providers, researchers and others **cannot** choose which group you are put in.

Available services



If the computer adds you into Group 1, you will receive the usual support services available in your area.

If you are added into Group 2, you will receive the usual services plus *For Baby's Sake*.

The benefits



There may be direct benefits to the wellbeing of yourself and your baby.

The results will also be used to think about the ways to improve *For Baby's Sake* and other services so that more families like yours can be supported.

The findings will also be used to help researchers understand more about how to support families like yours, and how to best do similar studies in the future.

Your information



If you take part, your personal information and data collected as part of the research will be shared with the research team.

The research team is from RAND Europe.

The information that will be shared includes information about your name, date of birth, sex, ethnicity and email address, if you have one.

Your personal information will be kept for 12 months after the project finishes and then destroyed.

During this time, RAND Europe (who is a 'Data Controller' for the trial) may keep using your information to monitor the results of the project or share your pseudo-anonymised data with Foundations to carry out further research on their behalf.

If they do, they will not share any personal details like your name, address, or telephone number.



Privacy

We will make sure your information is kept safe during the project.

The only ones who will see any information about you will be the research team.

When your information is shared, it will be done securely.

Contact

The research team will contact you in around 5 months' time and again in 10 months' time to find out how you and your baby are doing.



The research team might also contact you to invite you to take part in an interview about your experience of the project.

What you say during the project will be kept private. We will only tell someone else about what you said if it is about a possible serious crime or we think you, or someone close to you, is in danger.

The result



Findings from the project may be shared in reports, academic publications and presentations. Your name and personal details will not be included in any materials.

Your access to services



Your access to the usual services will not be affected whether you choose to take part in the project or not.

Leaving the project

You do not have to take part in this project – it is up to you.

If you decide to take part but later change your mind, you can leave the project and do not have to say why.



Leaving the project will not affect your access to services. You can continue using the services supporting you if you leave the project.

We will still use your information for research, but the research team will not contact you to take part in anything else.

If you want to stop taking part, you can let us know by emailing us at bcare@randeurope.org.

Next steps

The form you will be given next is the called the **Consent Form**. If you agree to take part this means that:



- Your personal information will be collected and used for research.
- The research team will contact you.
- Your information will be stored in the Foundations Data Archive so that it can be used for other research in the future.

You do not have to take part and you should only agree if you want to.



If you want to take part, you can sign the digital form that has been shared with you by a member of the research team.

If you want to take part, but you cannot sign the digital form, you can ask another person (an advocate) to sign it for you.

Support and Resources

Some issues explored in this survey may be triggering. If you need help, please consider contacting the following helplines and websites in your local area:



- 24 Hour National Domestic Abuse Helpline for Women: 0808 2000 247
- Men's Advice Line: 0808 8010 327 or ManKind Initiative: 01823 334244

Bedford: <https://bedsdv.org.uk/get-help/>

Durham: <https://www.durham.gov.uk/domesticabuse>

Essex: <https://essexfamilywellbeing.co.uk/>

Hertfordshire:

<https://www.hertsfamilycentres.org/family-centres.aspx>

Blackpool: <https://blackpoolbetterstart.org.uk/family-further-resources/>

If you have any questions, or if there is something that you don't understand, you can ask the person who gave you this form for help.

If you would like to contact the research team you can get in touch with us at: bcare@randeurope.org.

You can also get more information from our website by scanning the QR code below. This website has more detail about the trial and how your information will be used. We will regularly update the website with information.



If you have any concerns about the way this research is being conducted, please get in touch with the Principal Investigator, Emma Disley (edisley@randeurope.org) or the independent quality assurance reviewer, Elena Rosa Speciani (erspeciani@randeurope.org).