



UNIVERSITY OF LEEDS

Exploring co-mothers' experiences of perinatal anxiety and depression: understanding the perspectives of the non-carrying parent in same-sex parented families



Do you identify as a non-birth mother? Non-carrying mother? Co-mother? Other Mother?

We are inviting people to take part in an interview study about non-birth mothers' personal experiences of perinatal anxiety and depression in same-sex relationships.

Lots of parents experience depression and anxiety during pregnancy and the first year after a baby's birth and services are being expanded nationally to improve the support available. LGBT+ parents have been overlooked in studies of those experiences and research on partners has focused mainly on fathers and male partners.

Can you help?

You are eligible to take part if ALL of the following apply:

- You are the non-birth mother who has been in or is currently in a same-sex female relationship in which your partner is either pregnant or has gave birth within the last five years.
- You felt depressed or anxious during your partner's pregnancy or first year since your child was born. For example, you may have felt persistently sad or tearful, nervous, anxious or on edge, empty, guilty and irritable, or experienced changes in appetite, trouble sleeping, loss of enjoyment in activities, problems concentrating, heart racing, not being able to stop or control worrying etc. These feelings or symptoms may have lasted for a few weeks or months.

What does taking part involve?

An individual interview lasting approximately 1 hour either by phone or online video conferencing software. Face-to-face interviews in your home or a private location of your preference will be offered as an alternative if Covid-19 restriction are lifted. The interview would discuss your personal experiences of perinatal depression and anxiety.

As compensation for participating in the study, you will receive a **£10** voucher.

If you would like to find out more, please contact:
Alexandra Howat (Clinical Psychologist in Training)
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This study is supervised by: Dr Zoe Darwin and Dr Ciara Masterson.

This study has been reviewed by the School of Medicine Research Ethics Committee (MREC 19-055. Date approved: 05/06/2020).