Government of **Western Australia**
North Metropolitan Health Service
Women and Newborn Health Service

YOUR EXPERIENCE MATTERS



Participate in the Australian Childbirth-related Trauma Screening Study

As a woman who has given birth at King Edward Memorial Hospital, you are eligible to participate in this important childbirth trauma research.

The study aims to help support future women, babies, and families by improving birth trauma screening.

What is involved in the study

If you would like to participate, there are two phases that you may be asked to complete. The first will take place today **or within seven days of your birth**, and the second part will be in three to six months.

1. The first phase will take **2 to 5 minutes** where we will ask you some questions about yourself and the birth of your most recent baby. It will cover the birth until your baby is one week old.
2. The second phase will involve an online questionnaire that will be sent to you when you baby is around 3 to 6 months and takes around **ten minutes** to complete. You may also be invited to participate in a phone interview to further assess any birth trauma.

To join our study or find out more, please scan the QR code anytime before day seven post birth:

The study is completely:

- Deidentified
- Confidential
- Voluntary

Why is the research being undertaken?

With your help, we are aiming to develop birth trauma screening to best support new mums.

We know that 30 per cent of people may find childbirth traumatic, and 4 to 6 per cent may develop childbirth-related PTSD, which is why screening is important.

Available services (if required)

If you feel you could benefit from extra support please contact one of the following services.

Crisis Services – available 24 hours/7 days		
Lifeline	Free online counselling or by calling for phone counselling.	13 11 14 www.lifeline.org.au
Mental Health Emergency Response Line	Phone counselling.	1300 555 788
Childbirth trauma resources, services and support		
Birth Trauma Australia	Free resources online, as well as access to peer support, live chat, and links to other support services including emergency support and perinatal specific mental health support.	www.birthtrauma.org.au

If you have any questions about this study or your participation, contact lead investigator:



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Murdoch University · Women & Infants Research Foundation

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