e-Perinatal Patient and Public Involvement (PPI): Information Sheet

e-Perinatal team is conducting research about **prevention of mental health disorders in the perinatal period mental health** (since pregnancy until the baby is 1-year-old). We have developed the **'e-Perinatal app'**, an innovative and personalized **mHealth psychological intervention**.

The 'e-Perinatal' research programme aims to...

> **Generate scientific evidence to establish the effectiveness of universal preventive interventions for maternal perinatal mental disorders and for their implementation as normalized routine practice in health care services**

In order to achieve our goals **two real-world trials** will be run in the primary health services in Seville. **Health care professionals involved in maternal care such as midwives and pediatricians will recommend the use of the app to mothers who are eligible to participate in the study.**

To assess the **feasibility** of the e-perinatal app, a first study will be conducted including **300 women during the perinatal period and their partners**.

Once we have tested the feasibility, the **clinical trial** will be conducted to assess the **effectiveness**. In this study **3000 women** during the perinatal period **and their partners** will be included.

Do you find interesting our project?

Would you be interested in collaborating with us?

If so, you will be part of the PPI Contributors group. As part of this group, you will be asked to give your views about different topics related to perinatal physical and mental well-being. Moreover, you can give us your feedback about the appearance of the mobile app. You do not need any experience or knowledge of research. We are interested in your views as a member of the public.

However, this does not mean that you should participate in every (or any) opportunity that we share with you. The decision would be up to you!

What will my involvement entail?

It depends on the tasks you are willing to carry out. Again, it is totally up to you!

How much time do I need to commit? The duration of the activities can vary; some may take 15 minutes, such as the revision of documents, while others may take longer. For example, the app testing will last between 1 and 2 hours. We would always discuss timing with you and try to accommodate you.

Where will my involvement take place? There are different formats of participating. You can choose the one that fits you better. Some of the actions will take place online (e.g., writing interventions, giving us feedback, app testing) or face to face (e.g., recruitment).

Will I have to share personal information? We need some information to offer you the activities that could be suitable for you and contact information to get in touch with you.

What am I going to get from my participation? The research group will send you a certificate of collaboration.

> **"The normalization of an evidence-based practice begins by empowering and involving users as a valuable part of it"**
> *e-Perinatal Research Group*

To sign up to the PPI contributors group, please complete the survey online and a member of the research team will contact you

✉ **eperinatal@us.es**

The sign-up survey: https://forms.office.com/e/RgNFrDVqF8