DATE: 1/21/11

Dear Participant:

You are invited to participate in this research study if you are pregnant, over 19 years of age, and your doctor has prescribed bedrest for you. The information in this letter is provided to help you decide whether or not to participate. If you have any questions, please do not hesitate to email me at lorirubarth@creighton.edu. This study is completely voluntary and you may withdraw at any time.

The purpose of this research study is to examine the effects of an internet-based support group and information from advanced practice neonatal nurses on the stress experienced by high-risk pregnant women on bedrest. If you agree to participate, you will sign up to this website using the "New User Login". You will be randomly selected to receive one of three treatments or a combination of the treatments. The three treatments are: 1) access to a private blog site to record your thoughts and feelings, 2) access to an internet support group discussion/chat room, and 3) access to a NICU education and consultation with an advanced practice neonatal intensive care nursery (NICU) nurse via the internet. If assigned one of the online internet support groups, you will need to provide your name, email address, and telephone number. All information shared in the chat room must be kept confidential. You will also be asked to complete one or two surveys per week (one if you are at home and two if you are hospitalized). These will be completed weekly until you deliver. At the completion of the study or after you deliver, you will be asked to fill out a short survey about your experience. This study is a pilot study. Ultimately, the purpose will be to decrease the stress of women confined to bedrest, by learning about this experience and providing one of three interventions via this website - www.MomsInWaiting.com.

There is a possible risk of increasing your stress due to discussion of stressors with the support group or completing the surveys. If this should occur, please notify your physician and discontinue your participation in this study and website. There is a risk of inconvenience due to completing the surveys on a weekly basis. The risk of breaches of confidentiality is minimal if you are participating in the online support groups. Information shared in the online support group or chat room is at risk for hacking, misuse, sharing, and other privacy violations. The online support groups have identified ways to minimize the risk to the participants, by keeping information confidential and using firewalls. Just keep this in mind if you participate in the mom-to-mom chat room. There are no known risks to the unborn baby.

By participating in this study you may receive the following benefits: possible decrease in stress related to increased knowledge, the journaling process, and sharing your thoughts and feelings with others. Your participation will contribute to the body of research related to high risk pregnancy and stress. There is also potential benefit for future patients if the interventions decrease the stress in patients confined to bedrest.

All data collected will be kept confidential and only grouped data will be reported. You do not have to give your real name, but your email address will be used for tracking your information to your surveys. After enrolling, you will be contacted by email and further information about your pregnancy will be collected (eg. age, due date, length of time on bedrest, complications, and number of pregnancies).

There is no compensation or payment for your participation. When or if hospitalized, you may request a journal from one of the study investigators for recording your thoughts/feelings. Just ask your nurse about the bedrest study, or ask to speak with one of us (see our names below). The journal is provided free of charge for your participation. We may request a copy of the journal if you use the journal for writing about the bedrest experience.

If you have any questions about the research, please call us at the numbers listed below. If you have questions about research subjects' rights, you can call the Institutional Review Board at Creighton University at 402-280-2126.

Thanks for your help!!

Sincerely,

Lori Rubarth, PhD, NNP-BC (Methodist Women's)	Office phone 402-280-2604
Katie McDonald, MS, CCNS (Bergan Mercy)	Office phone 402-398-6283
Jodi Gute, MSN, APRN-CNS, C- EFM (Methodist Women's)	Office phone 402-354-3248
Anne Schoening, PhD, RN (Bergan Mercy)	Office phone 402-280-4777
Amy Cosimano, EdD, RNC-EFM (Creighton Univ Med Center)	Office phone 402-280-2001
Cindy Selig, MSN, APRN, RNC-OB	Office phone 402-280-3705
Mary Dickerson, RN, CNM, MS/FNC (Creighton Univ Med Ctr)	Office phone 402-449-4387

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A link to this information will be inserted on the "Moms in Waiting" website

Bill of Rights for Research Participants

As a participant in a research study, you have the right:

1. To have enough time to decide whether or not to be in the research study, and to make that decision without any pressure from the people who are conducting the research.

2. To refuse to be in the study at all, or to stop participating at any time after you begin the study.

3. To be told what the study is trying to find out, what will happen to you, and what you will be asked to do if you are in the study.

4. To be told about the reasonably foreseeable risks of being in the study.

5. To be told about the possible benefits of being in the study.

6. To be told whether there are any costs associated with being in the study and whether you will be compensated for participating in the study.

7. To be told who will have access to information collected about you and how your confidentiality will be protected.

8. To be told whom to contact with questions about the research, about research-related injury, and about your rights as a research subject.

9. If the study involves treatment or therapy:

    a. To be told about the other non-research treatment choices you have.

    b. To be told where treatment is available should you have a research-related injury, and who will pay for research-related treatment.

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