



We are automatically including pregnant participants in this study!

Born in Scotland is a study following parents and babies living in Scotland.

We hope this will improve our understanding of how health and wellbeing around pregnancy shapes our lives.

In **NHS Lothian**, we are piloting **automatic consent** for our Born in Scotland Study

We will collect **pregnancy information**, as well as **leftover** blood from **routine samples** taken at your midwife appointments. There are no extra appointments.

If you do not want to take part, please let the study team know. This will not affect your care in any way.



To find out more about the study and including how to leave the study:

- **Scan the QR code** opposite
- **Visit:** edin.ac/borninScotland-join
- Phone the research team: **0131 242 2480**
- Email: **researchmidwives@nhs.scot**



You have the right to withdraw your consent at any time



THE UNIVERSITY
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Medical
Research
Council



Born in Scotland in the 2020s – Pilot Study

One Page Summary: Study Participant Information Sheet

Understanding how health and wellbeing in pregnancy and early childhood shapes our lives

Born in Scotland in the 2020s (BIS) is a study that aims to collect information from a group (a cohort) of pregnant mothers and their baby/babies during pregnancy and at birth. This type of study is called a birth cohort study.

We know from other birth cohort studies that the health and wellbeing of the mother during pregnancy can affect the health and wellbeing of the baby, both during development in the womb and whilst growing in childhood. In this study, we hope to collect information which will help medical professionals to give better care to pregnant mothers and babies, and make a positive difference to future families.

We intend to enrol 1,000 women into this small-scale pilot and use the findings to help us plan for and set up a much larger birth cohort study for the whole of Scotland.

If you are a pregnant woman (at any gestation) aged 16-50 years, living in the area served by **NHS Lothian** in Scotland and planning to give birth in Scotland then you are eligible to join this study. If you decide to join this study, we will use routinely collected data and biological samples (e.g. blood); you don't have to do anything extra to take part in the study. Your taking part will be confidential. Your data and samples will be stored anonymously, in secure facilities according to strict UK laws which safeguard your privacy at every stage.

How to Take Part:

It is up to you whether you want to take part. If you would like to find out more about this study, to read the full Participant Information Sheet and/or to complete a consent form to join the study:

- Scan the QR code on the right:
- Visit our study website: edin.ac/borninscotland-join
- Contact the study team, via email: researchmidwives@nhslothian.scot.nhs.uk or telephone: 0131 242 2480.



You can withdraw (leave) from the study at any time by visiting the study website or email or phone (as above). Deciding to leave the study after you have joined will not affect the healthcare that you receive, or your legal rights.

If you join the study you can let us know whether we can contact you during your pregnancy to invite you to join additional optional studies e.g. we may ask if you would like to provide extra consent to collect some additional samples from you and/or your baby at the time of birth (such as a blood sample or placenta). All of these studies are optional and you can still be a part of this BIS study without joining additional studies. More information about these studies and how to join can be found on our website.

If you require this information in other formats, including paper copies or other languages, please contact the study team.