

Research project: 'Working conditions and parents' health during the first year after the birth of a child'

Part 1: Interviews with parents

Information sheet for participants

The research project

How does work influence parents' health and well-being during the first year of a child's life? Are working conditions adapted to parents' needs?

To find out, we are conducting research among parents living in the canton of Vaud who worked before and after the birth of their child as employees or self-employed.

We are looking to meet around 50 mothers and fathers to understand their personal experiences. The goal is to capture the diversity of experiences of parents during this period. To do so, we would like to meet with a wide and varied range of parents.

Your participation

We invite you to take part in an interview lasting approximately 1 hour and 15 minutes, conducted by a member of the research team. This meeting will take place at a location of your choice, such as your home, the HESAV premises, or Unisanté. The interview can be conducted in the language of your choice. At your request, we will arrange for an interpreter, and we will take care of contacting and paying them.

During this meeting, we will ask you to describe the year following the birth of your child, discussing your daily life as a parent, your working conditions, your family structure, and your health and well-being.

Benefits of participating in this research

By agreeing to participate in the interview, you are contributing to the **development of knowledge about parents' health during this pivotal period of life.**

We hope that this will help to improve working conditions and support for working parents, thereby promoting their health and well-being and, indirectly, that of their children.

To thank you for your participation, you will receive **a voucher worth CHF80.**

Use of the data collected

The data from the interviews will be analysed together with that from other participants and will be used for research and teaching purposes by team members only.

Confidentiality

For methodological reasons, we need to record the interviews so as not to distort what you say. We will therefore ask for your consent at the beginning of the interview. The interviews will be transcribed. Your name will be replaced by a code, as will your place of work and other information that could identify you. We will delete the recordings after transcribing them.

The data from the interviews will be used only by members of the research team and in accordance with the Federal Act on Data Protection (FADP). We will treat it as completely confidential. No information that could identify you will be presented in reports, publications or presentations.

The coded data will be stored on a secure server for a period of 10 years and then permanently deleted. Only members of the research team will have access to it.

Withdrawal from the project

You may withdraw from the research project at any time without having to provide a reason. You can send an email or call the contact details provided below. Your data will then be deleted.

Research team

The research project is being conducted by HESAV School of Health Sciences – Vaud (HES-SO Switzerland) and the Department of Occupational Health and Environment at Unisanté. It is funded by the Swiss National Science Foundation (SNSF).

Research managers: Isabelle Probst, PhD psychologist, associate professor at HESAV School of Health Sciences – Vaud and Peggy Krief MD, occupational physician, assistant physician and clinical teaching and research supervisor at Unisanté (University Centre for General Medicine and Public Health).

Research assistants: Aline Sadowski, psychologist, doctoral student, and Amandine Mudry, psychologist PhD, postdoctoral researcher.

How can I find out more? How can I participate?

We warmly thank you for your interest in our research project, which is a valuable source of support for us.

To participate in the study or obtain more information, please contact us:

- **By e-mail:** etude-parents@hesav.ch
- **By phone:** +41 21 556 65 07 (Aline Sadowski)
- **Via our web page :** <https://hesav.ch/recherche/etude-parents>



Consent Form

Recipients	Interview participants
Research title	« Parents’ working conditions and health in the first year after childbirth”
Responsible institutions	Haute École de Santé – Vaud (HESAV, HES-SO) Unisanté – Occupational Health and Environmental Department
Project managers	Isabelle Probst , psychologist PhD, associate Professor at HESAV / School of Health Sciences - Vaud (HES-SO). Peggy Krief MD , Occupational physician, assistant physician and senior lecturer and clinical researcher at Unisanté.

Dear Sir or Madam,

We would like to invite you to participate in an interview as part of a research project.

Please read the attached information sheet and this form carefully and do not hesitate to ask questions if you do not understand something or would like further clarification.

Participant: Last name and first name (in block letters):

- By signing this form, I agree to participate in the research project **‘Parents’ working conditions and health in the first year after childbirth”**.
- I declare that I have been informed verbally of the objectives and procedures of the research.
- I am participating in this research voluntarily and I agree with the content of the information sheet that has been given to me. I have had sufficient time to make my decision. My participation is entirely voluntary.
- I have received satisfactory answers to the questions I asked about my participation in the research.
- At any time, I may request further information and withdraw my consent to participate in the research without having to justify my decision.
- I understand that my data will be used for research and teaching purposes by members of the research team only. My data will be coded: my name will be replaced by a code, as will my place of work and other information that could identify me. Those authorised to consult my data undertake to treat it with the utmost confidentiality. The responsible institutions ensure data protection in accordance with Swiss standards and requirements under the Federal Act on Data Protection.

Place, date: Participant’s signature:

Researcher: Last name and first name (in block letters):

Certification by the researcher providing the information:

I hereby certify that I have explained the nature, importance and scope of the project to the participant. I declare that I have fulfilled all obligations relating to this project in accordance with the law in force. If, during the project, I become aware of any information that could influence the participant’s consent to take part in the project, I undertake to inform them immediately.

Place, date: Researcher’s signature: