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Information Statement for the Research Project:
Morning Tea Talks: A perinatal support initiative

Document Version 2: 24/03/2026

You are invited to participate in the research project identified above which is being conducted by Dr Dara Sampson and Professor Deb Loxton from the College of Health, Medicine & Wellbeing at the University of Newcastle.

Why is the research being done?

This project funded by a HMRI philanthropic donation, aims to address the gap in women's maternal health and wellbeing. Entering motherhood can sometimes be an overwhelming time in a woman's life, and the right support can make all the difference. The Morning Tea Talks program is designed to support and empower women in the perinatal period. We aim to empower women and develop social support building during the perinatal period, we expect that this will lead to higher levels of wellbeing, increased confidence in parenting, and reduced feelings of isolation.

Who can participate in the research?

Women over the age of 18 who are currently pregnant and can communicate in English are invited to participate in this research program.

What would you be asked to do?

If you agree to participate in this research, you will be asked to:

- **Complete an initial consent form and pre-program survey**. The consent form will include your name and confirm your agreement to participate. Your responses will be de-identified.

- **Join our Mothers Group, Morning Tea Talks, weekly for seven interactive, face-to-face group sessions**. These 2-hour sessions will cover a range of topics focused on empowerment in motherhood, including practical tools and strategies. The sessions will be facilitated by a qualified clinical team.

- **Session topics will include**:
  - Setting the Scene & Values in Family Life
  - Parenting & Family Influences
  - Partners & Gender Roles
  - Healthy Partnerships & Safety
  - Networks & Support
  - Coping & Emotional Wellbeing
  - Looking Ahead & Sustaining Support

- **Complete a post-program survey** after the final session, including a quality of life survey. This survey will again ask questions about your experiences of the sessions and help us understand any changes or impacts from the program. Your responses will be de-identified.

- **Receive reimbursement** in the form of two $50 gift cards—one after completing the pre-program survey and one after completing the post-program survey.

What choice do you have?

Participation in this research is entirely your choice. Only those people who give their informed consent will be included in the project. Whether or not you decide to participate, your decision will not disadvantage you.

If you do decide to participate, you may withdraw from the project at any time without giving a reason and have the option of withdrawing your data up until publication or until data has been permanently de-identified.

How much time will it take?

Each group will run for approximately 90 to 120 minutes (x7), pre and post program surveys will be completed during session 1 and session 7. Each survey should take less than 10 minutes to complete.

What are the risks and benefits of participating?

Minimal risks are anticipated. It is possible that some sessions may bring up feelings of discomfort or mild distress. However, with skilled clinicians facilitating the group, care and support will be available to minimise any such distress. Referral pathways and emergency support lines will be available in the unlikely case that these will be required.

Benefits may include increased knowledge and self-efficacy, empowerment, as well as increased social support. Direct benefits to participants will include reimbursement for completing the pre/post surveys.

How will your privacy be protected?

Surveys will be provided to participants electronically and/or as a hardcopy. Survey responses will be stored in the research database application, REDcap. REDcap Privacy and Security information is available here: REDcap Privacy Information

All data will be stored securely in password-protected files on the University's secure server.
Data will be retained for five years following publication and then securely destroyed (digital files deleted, hard copies shredded).

Your data will be assigned a unique participant ID, and identifying details will be stored separately from your responses. Some data will be re-identifiable by the research team for the purpose of linking your responses across different parts of the study (e.g., surveys over time). Only authorised members of the research team will have access to this linking information.

Once data collection is complete, identifying information will be removed or destroyed, and all data will be reported in a de-identified form. Identifying details will not appear in any reports or publications. Participant confidentiality will be maintained throughout the study.

No information will be provided to health professionals or other parties without participant consent, unless required by law (e.g. risk of harm disclosure).

How will the information collected be used?

Data Collected:
  Data will include:
  - Basic demographic information (e.g. age range, stage of pregnancy).
  - Attendance records (for program evaluation purposes only).
  - Participant feedback via a pre- and post-program survey.

Data Analysis:
Survey data will be analysed descriptively (e.g. frequencies, percentages).

Study findings will be disseminated through:
- Internal reports to program partners and funders.
- Academic conference presentations and peer-reviewed publications.
- Community or professional presentations summarising the outcomes.

Results will be reported in aggregate form, ensuring that no individual participant can be identified. Participants who express interest may receive a brief summary of the overall findings once the project is complete.

Non-identifiable data may also be shared with other parties to encourage scientific scrutiny, and to contribute to further research and public knowledge.

What do you need to do to participate?

Please read this Information Statement and be sure you understand its contents before you consent to participate. If there is anything you do not understand, or you have questions, contact the researcher.

If you would like to participate, please complete the consent form as well as participants details via the QR code link.

You will then be contacted by a team member to confirm your details and organise parking for the HMRI campus.

Further information

If you would like further information, please contact Dr Dara Samson or Professor Deb Loxton or at Morningteatalks@newcastle.edu.au

Thank you for considering this invitation.

Dara Sampson

Dr Dara Sampson

Chief Investigator

Complaints about this research

This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2025-0333

Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to the Human Research Ethics Officer, Research & Innovation Services, The University of Newcastle, University Drive, Callaghan NSW 2308, Australia, telephone (02) 4921 6333, email Human-Ethics@newcastle.edu.au.