

# RELAX – (REducing Levels of AnXIety) Research study Patient and Public Involvement and Engagement (PPIE) Advisory Group

## **Purpose**

The purpose of the Advisory Group is to be critical friends to the research team - guiding, challenging, and advocating for the project. Researchers would like advice on the relevance and acceptability of the RELAX intervention, and on issues of diversity, involvement, and inclusion.

## **PPIE framework**

The study will report on PPIE using the GRIPP2 framework. This has five domains: 1) PPIE aim, 2) methods, 3) study results, 4) discussion and conclusions, 5) reflections/critical perspective. (See attached *GRIPP2 - Five reporting domains*.)

## **Meetings**

These will be held online, for 90 minutes, twice per year, for three years.

## **Reciprocity principle**

We are most grateful for community members and service users working with us to plan and carry out the research, to recruit participants and to report on the study findings and share that information publicly. In return we aim to offer fair payments and other benefits. We will make a PPIE payment of £75.00 per person for each attendance, to include preparation and follow-up work, and acknowledge Advisory Group members in our publications. We will pay for any out-of-pocket expenses.

There will be opportunities to influence the research throughout the project, for instance identifying causes of anxiety for pregnant women, and positive or neutral interpretations of ambiguous scenarios rather than negative interpretations. Being on the group provides an opportunity to develop knowledge about the way research is conducted, and how lived experiences and interest groups can influence research to make it as relevant as possible, particularly for those who come from ethnic minority and socially disadvantaged backgrounds.

## **Membership**

The Advisory Group is made up of nine UK-based women with lived experience of anxiety during pregnancy who have recently had a baby; a representative from the NCT (National Childbirth Trust), the founder of The Motherhood Group; the co-chairs of King's College London Maternity Voices Partnership; three public members of the Trial Steering Committee; and the following researchers: Mary Newburn (PPIE Lead), Colette Hirsch (Chief Investigator), Britannia Volkmer (RELAX study Clinical Trial Co-ordinator), Jo Bennett (RELAX study Research Midwife) and Yogini Sawjani (RELAX study Research Assistant). The Advisory Group will include Black, Asian and/or other minority ethnic women. Following advice from one of the members to increase diversity and to include perspectives on anxiety from religious groups, a Muslim woman accepted an invitation to join the group. The members' names and contact details are held in a password protected file.