

Safety of massage during pregnancy and the postpartum period: a case series.

Participant Information Sheet

Project Summary

Currently there is no research-related evidence on the safety of massage during pregnancy and the postnatal period. There is however anecdotal and clinical evidence that massage is safe during pregnancy when administered by a trained professional. Up to 36.8% of Australian women visit a Complementary and Alternative Medicine practitioner during pregnancy with close to half of those seeking massage (49.5%). Given that massage is a popular treatment and there is no robust research evidence on the safety of massage during pregnancy and the postpartum period this case-series study aims to evaluate the safety of massage during pregnancy and the postnatal period.

What will I be asked to do?

You will be asked to allow the information collected as a part of your pregnancy or postpartum massage consultation with selected clinics to be used in the research project about the safety of massage during pregnancy and the postpartum period. You will be required to attend your massage appointment, as per normal, and give permission (by signing the consent form) for the use of your treatment consultation data for the purpose of research. Information collected includes details about your pregnancy, previous pregnancies, health and the outcome of the massage. You will also be emailed a questionnaire post massage by the researcher to see how you responded to the massage. Information about any benefits e.g. improved movement, less pain, less stressed etc. will be sought as will information about any side-effects e.g. post massage soreness, skin irritations, increase in pain, tiredness etc. and any occurrence of pregnancy related incidences e.g. bleeding, miscarriage etc. This study does not cover the financial costs of your massage; the cost of the massage is the responsibility of each individual.

How much of my time will I need to give?

The project will take the time for your treatment and 5-10 minutes to complete a follow up questionnaire approximately a week after your massage.

What benefits will I, and / or the broader community, receive for participating?

While there is no guarantee that you will receive any specific benefits from participating in this project, the information that you provide will assist in the research into the safety of pregnancy massage.

Will the study involve any discomfort or risk for me? If so, what will you do to rectify it?

We do not anticipate that participating in this research project should cause any discomfort or risk outside of the normal risks of receiving a massage e.g. tiredness, post massage soreness, bruising, skin reactions, headaches, dizziness, tiredness, unsettled digestion etc. However, if you do experience any discomfort then participants are asked to contact the researcher or the support services at the bottom of this information sheet.

*Please note that the minimum retention period for data collection is five years post publication.

How do you intend to publish the results?

Please be assured that only the researchers will have access to the raw data you provide. The findings of the research will be published in peer reviewed academic journals and disseminated through relevant professional conferences. All data collected will be de-identified in any publications or presentations.

Can I withdraw from the study?

Participation is entirely voluntary and you are not obliged to be involved. If you do participate, you can withdraw at any time without giving a reason.

Can I tell other people about the study?

Yes, you can tell other people about the study by providing them with the massage business' contact details. They can contact the massage business to discuss their participation in the research project and obtain an information sheet.

Who is funding the study?

The study is being supported by Western Sydney University.

Data storage

There are a number of government initiatives in place to centrally store research data and to make it available for further research. For more information, see <http://www.andcs.org.au> and <http://www.rdsi.uq.edu.au/about>. Regardless of whether the information you supply or about you is stored centrally or not, it will be stored securely and it will be de-identified before it is made available to any other researcher.

What if I require further information?

Please contact Dr Sarah Fogarty, PhD, should you wish to discuss the research further before deciding whether or not to participate at s.fogarty@westernsydney.edu.au.

What if I have a complaint?

This study has been approved by the Western Sydney University Human Research Ethics Committee.

If you have any complaints or reservations about the ethical conduct of this research, you may contact the Ethics Committee through the Research, Engagement, Development and Innovation office on Tel +61 2 4736 0229, Fax +61 2 4736 0905 or email humanethics@westernsydney.edu.au.

Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.

If you agree to participate in this study, you may be asked to sign the Participant Consent Form.

Support services

1. Pregnancy, Birth and Baby Helpline. **1800 882 436**
2. Lifeline 24 hour service. **13 11 14**
3. Beyond Blue. **1300 224 636**
4. Own healthcare professional of choice (i.e. your past treating physician).