

WELCOME TO THE

**SUPPORTING THE TRANSITION TO  
PARENTHOOD WITH ONLINE SEX AND  
RELATIONSHIP KNOWLEDGE  
PILOT STUDY**

INFORMATION PACKAGE



# MEET THE RESEARCH TEAM



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Research Coordinator



## QUICK FACTS ABOUT STORK

1

**STORK is the first online couple-based program designed to provide psychoeducation about changes to sexuality during pregnancy and the postpartum and skills to cope with these changes.**

2

**STORK's overarching goal is to strengthen couples' sexual relationships across the transition to parenthood.**

3

**The purpose of this study is to get feedback on your experience with the STORK program as we continue its' development. We will also get a sense of how helpful STORK is for couples' sexual well-being.**



# WHAT SHOULD YOU KNOW?

## Eligibility

### You must:

- ✓ Be 18+
- ✓ Have no previous children
- ✓ Be 16-22 weeks pregnant
- ✓ Be in a married or cohabiting relationship of at least 1 year
- ✓ Have not received instruction from a healthcare professional to avoid sexual activity during pregnancy
- ✓ Both be willing to participate

## Benefits

### You will:

- ✓ Receive sex-specific information in STORK, which research has shown is positively linked with couples' sexual well-being during the transition to parenthood



## Risks

### You may:

- ✓ Feel minor discomfort thinking and answering questions about sexuality
- ✓ Receive mental health support resources if your survey responses reveal high levels of depression or suicidal ideation

# STUDY TIMELINE AND PROCESS



## Pre-program survey

Before we determine whether you are eligible to participate in the pilot study, you will need to complete a pre-program survey. We will ask you questions about your relationship and your pregnancy experience. Based on your responses, we will follow-up and let you know if you are eligible for the full STORK program. Regardless of eligibility, you will be compensated for completing this initial survey.

01



## STORK modules

You will complete 5 modules (1 per week) during the second trimester of your pregnancy and 1 final module at 2-months postpartum. Each module takes 1 hour to complete.

02



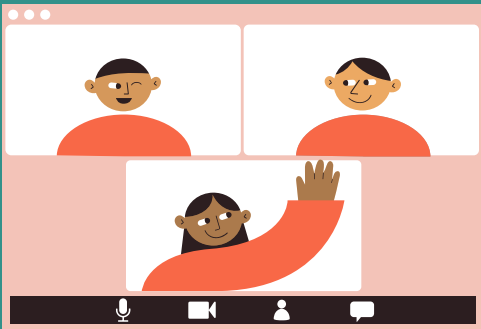
## Post-program survey

At 3-months postpartum, you will complete a final survey answering questions about your relationship, your child, and your feedback on the STORK program.

03

# Facilitator Check-ins

If you are eligible for the STORK pilot study, you will be matched with a STORK facilitator who will be your contact person as you work through the STORK modules.



Your STORK facilitator will check-in with you and your partner once per week via Zoom (i.e., 6 times). After you complete your weekly module, you will schedule a 10-15 minute check-in with your facilitator via a calendly link that we will provide you with once you are enrolled.



If you have questions as you work through the STORK content or in-between check-ins, you can reach your facilitator using the chat function on the STORK online platform. Your facilitator will respond to you within 48-hours.



You can ask your facilitator about any content that was unclear to you in the STORK modules or for guidance on how to navigate or engage with the program, activities, or continued practice. You can also ask them about anything related to your participation in the study.



# FREQUENTLY ASKED QUESTIONS...

## **Q: Where can I find the surveys?**

A: We will send you and your partner individualized links to each survey via email.

## **Q: Can I take a break while doing the survey?**

A: We encourage you to complete the survey in one sitting, but you can take a break if you need to. You can easily return to where you left off with your survey up to ONE WEEK later by accessing the original link you received in your email. After one week, your progress may be lost and you may have to start the survey over from the beginning.

## **Q: How do I access the STORK modules?**

A: Once we determine your eligibility, we will send you and your partner each personalized login information for the online STORK platform and instructions on how to access the modules each week.

## **Q: What kinds of information will I receive in the STORK modules?**

A: Each module will provide you with information about changes to sexuality across pregnancy and the postpartum, as well as skills (and chances to practice those skills) to help you and your partner cope with these changes together.

## **Q: Can I participate if I have multiple partners (i.e., am poly/non-monogamous)?**

A: Yes; however, we require you to complete the STORK program with one partner consistently. You should also answer survey questions in relation to this one partner.

## **Q: Can I skip questions in the survey I don't want to answer?**

A: You can skip any question in the survey that you do not wish to answer. Your decision to skip a question will not have any negative consequences, and your participation will still be valued and appreciated.

# FREQUENTLY ASKED QUESTIONS...

## **Q: How will I be compensated for my participation?**

A: You will each be compensated for participation. If you complete a survey and pass attention checks (questions that ask you to select a specific response to ensure you are paying attention) you will be compensated \$15 CAD for the pre-program survey and \$18 CAD for the post-program survey (or currency equivalent), regardless of whether your partner completes the survey. Canadian participants will receive e-transfers and all other participants will receive Amazon gift cards within 8 days of survey completion. If you do not receive compensation within 8 days, be sure to check your “junk” folder and contact us if you still can’t find it.

## **Q: How will my privacy be protected?**

A: Information that you provide to us will be kept private. Only the research team will have access to this information. Data from this pilot study will contribute to scientific publications where all responses will be treated in an aggregated way (results will be reported for the group of participants and we will not analyze or publish any individual data, such that you will not be identifiable in any way to people outside of STORK). The people who work with us have a strict obligation to keep all research information private and confidential

## **Q: What if I make a mistake in my survey?**

A: When completing your survey, you cannot go back to a previous page (i.e., to change your answers) once you go to the next page of the survey – there is no return button. This is a function of the survey software, and we apologize for this inconvenience. We encourage you to make note of any additional information or changes to previous responses and include this information in the “feedback” box at the end of the survey.

## **Q: Can I withdraw from the study?**

A: You can choose to withdraw from the study at any time by emailing us at [STORK@dal.ca](mailto:STORK@dal.ca) or contacting the research coordinator, Gillian, directly at [cashlab@dal.ca](mailto:cashlab@dal.ca). You can also withdraw any data you have submitted up to 2 months after you submit a survey. After that point we may use the de-identified data you have submitted for preliminary analyses before the end of data collection.



THANK YOU FOR YOUR INTEREST IN THE

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