

What is the CAP study?



Childhood and Parenting (CAP) Research Study

The purpose of this research study is to help us learn more about how childhood experiences may influence parenting for first-time mothers.

Experiences in childhood have been shown to have impacts on emotional and physical well-being continuing into adulthood. We want to learn more about how these experiences may impact new mothers.

This study will give us information that may inform future programs for helping new mothers cope with this transition.

The CAP study is housed at the Department of Maternal and Child Health in the Gillings School of Global Public Health at the University of North Carolina at Chapel Hill, with funding by the National Institutes of Health and approved by the UNC-CH Institutional Review Board #18-1986 on 6/6/2019.

All information that we gather is confidential and anonymous. Your decision to volunteer will not affect your medical care or relationship with the University of North Carolina at Chapel Hill.

For more information or to find out if you are eligible to participate, please contact our team at:

(919) 526-0084

capstudy@unc.edu

<http://www.capstudy.web.unc.edu>

www.facebook.com/unccapstudy



University of North Carolina at Chapel Hill
Maternal and Child Health Department
135 Dauer Drive
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Are you a first-time mother with an infant that is 6-8 months old?



Participate in our study to help us learn more about how childhood experiences contribute to parenting!



**THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL**



Initial Phone Call

- Eligibility screening

Initial Enrollment - 1 hour

- Meet virtually via Zoom
- Complete paperwork and questionnaires
- Participate in an interview about childhood events

Lab Visit - 1.5-2 hours

- For mothers only (no infants)
- You come to our lab
- Participate in a social stress test
- Saliva sample collection, blood pressure and heart rate will be monitored throughout

Mother-child Visit - 1 hour

- You come to our lab
- Participate in mother-infant play activities

Here are some frequently asked questions:

How long will this study last?

Your involvement in this research study will span over approximately 4 weeks. You can choose to end your participation at any time.

How many participants are there?

There will be 72 mothers and their infants (144 total participants).

Will my information be protected?

No participants will be identified in any report or publication about this study. Your privacy and confidentiality will be protected by the use of ID numbers only and by securing all study files and videos in a locked room.

Are there any costs included in participating in this study?

No. Any screening tests will be paid for by the research study.

How will this study address changes due to COVID-19?

This study has implemented additional safety measures to reduce the likelihood of transmitting COVID-19 to you or your infant. All adult participants will be provided with masks, strict social distancing protocols will be adhered to by staff and participants, and rigorous cleaning and sanitization of the lab space will be implemented to reduce this risk.

How will I benefit from this study?

You will be eligible to receive up to \$200 for your participation in this study, depending on your completion of each visit. You will be compensated for your time at the end of your participation in the study. Here is the breakdown of the compensation for each visit:

<i>Visit</i>	<i>Compensation</i>
Initial Enrollment Visit	\$25
Lab Visit	\$100
Mother-child Visit	\$75

What if I want to end my participation in the study?

You can withdraw from this study at any time. The investigators also have the right to stop your participation at any time due to any unexpected reaction, failure to follow instructions, or because the study has stopped. You will be paid for each aspect of the study that you complete, even if you withdraw from the study.

For any further questions, please contact us at the contact information listed on the back of this brochure.