Letter to inform the participant's GP of their involvement in the study

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GP Information Sheet

A woman-centred, tailored SMS-delivered multi-component intervention for weight loss and maintenance of weight loss in the postpartum period: a pilot RCT.

<Insert GP address here>

<Insert date>

Dear Dr <insert name>

We are writing to inform you that your patient <insert name> has agreed to take part in the above pilot study, also known as the SMS study, which aims to test a weight management programme delivered via text messages to help women lose weight, and maintain weight loss after pregnancy.

In brief, we are inviting women who are overweight or obese after pregnancy to take part in the study. Women will be assigned to receive either weight management messages (information and advice on healthy eating and exercise), or general messages about child health and development (the control group) for a period of one year. We have developed the messages and tested them with women who have recently had a baby for comprehension, tone and acceptability.

Researchers will visit the women who are taking part either in their home at the Centre for Public Health (based on their preference) every 3 months to collect measurements (e.g. height, weight, blood pressure, body fat, questionnaires). Women will receive a token of appreciation for their time commitment. The aim is that this trial will inform us whether our approach is acceptable to women, and whether it would be worth proceeding to a full-scale trial. If successful, this work could result in a weight management intervention that is made widely available to postpartum women.

If you would like any additional information about the study, please do not hesitate to contact us. Many thanks for your support.

Yours sincerely,

Dr Michelle McKinley (Principal Investigator)

Letter to inform the participant's GP of their high blood pressure

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<insert GP name and address>

<insert date>

Dear <insert GP name>

Re: A woman-centred, tailored SMS-delivered multi-component intervention for weight loss and maintenance of weight loss in the postpartum period: a pilot RCT.

We wrote to you recently to inform you that your patient **<insert patient name>** is taking part in the above pilot study we are conducting at the Centre for Public Health, Queen's University Belfast. The study aims to test a weight management programme delivered via text messages to help women lose weight, and maintain weight loss after pregnancy.

As part of the study, we conduct a total of five study visits (month 0, 3, 6, 9 & 12) with each participant to collect anthropometric and questionnaire data. One of the anthropometric measurements we record at each visit is blood pressure (we take three readings in total, and record the average of the second and third reading). During our most recent study visit with the above patient on **<insert date>** we detected a raised blood pressure reading of **<insert BP figure> mmHG**. Your patient has given us permission to disclose this information to you.

If you would like any additional information about the above, please do not hesitate to contact us. Many thanks for your support.

Yours sincerely,

Dr Michelle McKinley (Principal Investigator)

The Queen's Anniversary Prizes

Athena SWAN Silver Award

Letter to inform the participant's GP of their score above nine on the EPDS

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<Insert GP address here>

<Insert date>

Dear Dr <insert name>

Re: A woman-centred, tailored SMS-delivered multi-component intervention for weight loss and maintenance of weight loss in the postpartum period: a pilot RCT.

We wrote to you recently to inform you that your patient <insert name> is taking part in the above pilot study we are conducting at the Centre for Public Health, Queen's University Belfast. The study aims to test a weight management programme delivered via text messages to help women lose weight, and maintain weight loss after pregnancy.

As part of the study, we conduct a total of five study visits (month 0, 3, 6, 9 & 12). One of the questionnaires we distribute at each visit is the Edinburgh Postnatal Depression Questionnaire (EPDQ) (please find a copy of questionnaire attached).

During our most recent study visit with the above patient on <insert date>, we detected a score of <insert score> (based on a one-time completion of the EPDQ).

Insert either of the next two sentences based on patient's score:

Score ≥13

A score of 13 and above is indicative of postnatal depressive symptoms and hence we wished to notify you of this result.

Score 9-12

A score of 13 and above is indicative of postnatal depression but scoring recommendations for the EDPS suggest that women scoring above 9-10 are referred for follow-up. Hence we wished to notify you of this result.

(http://www2.aap.org/sections/scan/practicingsafety/toolkit_resources/module2/epds.pdf).

Your patient has given us permission to disclose any medical issues detected during study visits to you.

If you would like any additional information about the above, please do not hesitate to contact us. Many thanks for your support.

Yours sincerely

Dr Michelle McKinley (Principal Investigator)