Your involvement could help us to assess any effects the program might have on prenatal wellbeing and child emotional and brain development over the first 18 months of life, as well as understanding whether gut bugs play any role in this.

Who is running this study?

We are researchers at Deakin University's Food & Mood Centre and our research focuses on how diet relates to mental health. This study is also in collaboration with Barwon Health.

More Information

If you are interested in taking part, but would like some further information first, then please get in touch.

Phone Number

03 5227 3097

E-mail Address

bugs-and-bumps@deakin.edu.au

Join the study

Scan the QR code below

ARE YOU IN YOUR SECOND TRIMESTER AND LESS THAN 26 WEEKS PREGNANT?

Bugs & Bumps STUDY

You are invited to participate in a study testing an online **dietary education program designed with dietitians to help improve your diet** from the third trimester of pregnancy.

FOOD & MOOD CENTRE

DEAKIN UNIVERSITY

Barwon Health

Why is this study being run?

It is difficult to eat well during pregnancy, so we have designed an app to help pregnant women with their diets.

We believe that helping pregnant women to eat a healthy diet may help to support their gut health and mental wellbeing. We also believe that this may impact on child emotional and brain development, but more research is needed to understand this.

We are conducting the 'Bugs & Bumps' study to test two new dietary education programs delivered in the third trimester (from week 26) of pregnancy through to birth. We would like to see if the programs are helpful to mothers, and also assess any benefits they might have on mothers' gut bugs and mental wellbeing, and their baby's health and emotional and brain development through until when they are 18 months old.

Who can join?

We are recruiting 120 Geelong-based pregnant women prior to their 26th week of pregnancy to join this study. If you are pregnant, and are still before week 26, then please do our eligibility screening questionnaire to see if you are eligible to participate.

Your involvement could help make an important contribution to science, one that could help future mothers and babies

Participation is easy!

Starting at week 26 through to when your child is 18 months:

You'll be randomly allocated to follow one of two app-based dietary programs which have been designed with input from dietitians to help you improve your diet quality from week 26 through to birth.

You'll be asked to

- Fill out some questions online about you and your baby's health and emotional and brain development.
- Collect some simple biological samples from yourself (stool, vaginal swab, and optionally some breastmilk) and from your child (stool), and access a hospital-collected blood spot.
- Attend 2 online study appointments, one at week 26 to get started with the app, and the other in week 36.
- Attend an in-person study visit with a psychologist who will assess your child's emotional and brain development at 18-months.

At the end of the study, you will be able to see the program that the other group received, and you will receive a summary of the results.

The dietary education program won't ask you to follow a strict dietary regimen or meal plan.

What are the possible benefits?

You will receive an app-based education program to help you eat a healthy diet during your third trimester. It is possible that this may benefit you and your baby's health.

This study will offer new insights into how maternal diet affects wellbeing, and the health and emotional and brain development in children.

This will help us to make better, targeted dietary recommendations to support family mental health.

To thank you for your time, you will receive two $50 gift vouchers.

To see if you're eligible, please complete the online screening questionnaire by scanning the QR code below.

This questionnaire is confidential and will take less than 5 minutes to do.

Bugs & Bumps