



Dear Maternity Care Provider,

I am a Research Assistant working with Dr. Nichole Fairbrother at the UBC Perinatal Anxiety Research Lab. I am contacting you to request your assistance recruiting participants for one of our studies on fear of childbirth (FoB; e.g., fears about vaginal or caesarian birth, fears about harm coming to the baby or the mother).

We are seeking pregnant women in Canada to participate in a study of clinically significant FoB. This study has two main objectives:

1. To learn more about the diagnostic categories that pertain to FoB, and
2. To determine the optimal application of exposure-based cognitive behavioural therapy (CBT) for the treatment of FoB.

**Eligibility:** Interested women will be asked to complete several eligibility questionnaires online.

**Study interview:** Women whose responses meet the study eligibility requirements will be invited to participate in a semi-structured interview. The study interview will assess a range of anxiety-related mental health conditions. Study interviews will be conducted over the telephone with a member of the research team. All participants who take part in the interview portion of the study will receive a \$25 honorarium.

**Treatment:** Participants who complete the interview portion of the study and live in Victoria, Vancouver, or Nanaimo, BC, may also be eligible to receive up to 8 complimentary sessions of CBT (an approximate value of \$2,500) with a Registered Psychologist. In order to better learn how Midwives may be able to assist women suffering from fear of childbirth, a proportion of treatment cases will be conducted with a third-year UBC midwifery student present (in an observational role only) as well.

Women across Canada are able to participate in the interview portion of this research without receiving treatment; however, we are also specifically looking for eligible women in Victoria, Vancouver, or Nanaimo, BC, who are able to participate in the treatment phase of this study in addition to the diagnostic interview.

Information gathered in this study will be used to guide the development of an online, midwife-supported, self-administered CBT program for fear of childbirth.

If you have a client or patient who may be interested in participating, or who would like more information, please have them contact Olivia Anglin or Fanie Collardeau at [par.lab@ubc.ca](mailto:par.lab@ubc.ca), or direct them to visit the following webpage to complete an online eligibility questionnaire (click below):

- [https://ubc.ca1.qualtrics.com/jfe/form/SV\\_3qpSi23ClwUf4Ed](https://ubc.ca1.qualtrics.com/jfe/form/SV_3qpSi23ClwUf4Ed)

Please don't hesitate to contact us if you have any further questions. I have also attached a copy of our recruitment poster; please feel free to print it out for your office or circulate it to your patients/clients.

Thank you very much for your time.

Sincerely,

Jennifer Suen, BSc  
Research Assistant  
Perinatal Anxiety Research Lab  
[Par.lab@ubc.ca](mailto:Par.lab@ubc.ca)

**COMPLETE STUDY ELIGIBILITY CRITERIA ARE AS FOLLOWS**

	<b>INCLUSION</b>	<b>EXCLUSION</b>
The following inclusion/exclusion criteria apply to both interview and treatment participants.		
<b>PART A - INTERVIEW</b>	<ul style="list-style-type: none"> <li>• Currently pregnant</li> <li>• Live in Canada</li> <li>• 19 years or older at the time of recruitment</li> <li>• Fluent in English</li> <li>• Are experiencing clinically significant FoB                             <ul style="list-style-type: none"> <li>• Score at or above 83 points on the CFQ and/or</li> <li>• Are experiencing significant distress or impairment due to FoB</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Not pregnant</li> <li>• Live outside of Canada</li> <li>• Younger than 19 years of age</li> <li>• Insufficiently fluent in English to participate</li> </ul>
The following inclusion/exclusion criteria are ADDITIONAL and apply ONLY to TREATMENT PARTICIPANTS		
<b>PART B - TREATMENT</b>	<ul style="list-style-type: none"> <li>• Live in Vancouver, Victoria, or Nanaimo, BC</li> <li>• Have completed the interview portion of the study (PART A)</li> <li>• Are less than 28 weeks' gestation</li> <li>• Pregnant with their first child</li> <li>• Have never previously given birth</li> </ul>	<ul style="list-style-type: none"> <li>• History of recurrent pregnancy losses</li> <li>• Have previously given birth to a live or stillborn infant (&gt;20 weeks gestation)</li> <li>• Experiencing a medically complicated pregnancy, and their pregnancy related difficulties are likely to influence the nature of the treatment required. Appropriateness of treatment will be determined on a case-by-case basis</li> <li>• Are currently diagnosed with severe mental illness such as psychosis, personality disorders, or bipolar disorder or have been diagnosed with a substance use disorder</li> <li>• If participants meet the diagnostic criteria for a mood or anxiety DSM-5 disorder(s) according to the Diagnostic Assessment Research Tool interview (administered in PART A), FoB must be the primary concern</li> <li>• Are currently experiencing PTSD symptoms, <u>and</u> their FoB is related to their PTSD symptoms</li> </ul>