



Faculty of Science

Mothers' mental health and physical activity study



**Want to understand your
mental health during early
motherhood and potentially
help future mothers?**

**Are you currently pregnant,
or know someone who is?**

We are currently seeking healthy first-time mothers, who are less than 35 weeks pregnant to complete BRIEF online surveys every three weeks until six-months postpartum.

The surveys will focus on:

- Stress.
- Your confidence towards being a mother.
- Symptoms of depression.
- Physical activity levels.

Each survey will take five minutes to complete, and all responses will be anonymous. Participation in the study gives you the chance to understand your mental health, and results from the study might help future mums, too.



If you are interested, or know somebody who might be, or if you would like more information, please contact:

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Thank you for helping us better understand how new mums cope!