



Melodies for Dads

INFORMATION SHEET FOR RESEARCH PARTICIPANTS – ONLINE SCREENING

Melodies for Dads Online PIS v1.1, 29/07/2026

Ethical Clearance Reference Number: HR-25/26-55902

This information sheet is presented online. If you wish to receive a copy of this information sheet, please email info@breatheahr.org

Title of study:

Melodies for Dads: Can a community group singing intervention improve father-infant relationship in fathers at-risk of postnatal depression?

Invitation Paragraph:

We would like to invite you to participate in this research project, which forms part of a doctoral research degree (PhD) at King's College London. We are a group of researchers from King's College London studying community singing sessions delivered by a not-for-profit organisation called Breathe Arts Health Research. The programme, *Melodies for Dads*, is aimed at fathers at- risk of postnatal depression.

Breathe Arts Health Research will first contact you and ask you to complete a brief online questionnaire to check whether you may be eligible for the study. If you meet the initial criteria and agree, your contact details will then be passed to the King's College London research team. We will then provide you with full information about the study and invite you to decide whether you would like to take part.

Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. You can ask the research team if there is anything that is not clear or if you would like more information.

What is the purpose of the study?

The purpose of the study is to understand whether singing sessions can improve father–infant

relationships and mental wellbeing in fathers at risk of postnatal depression (PND). Specifically, this project investigates the effectiveness of a community group-singing intervention called *Melodies for Dads* for fathers at-risk of PND. We also aim to assess whether this 8-week programme is acceptable, feasible, and appropriate for fathers at risk of PND.

The study is delivered by King's College London in collaboration with Breathe Arts Health Research, a not-for-profit organisation that will deliver the singing sessions.

The purpose of this first stage is to check whether you may be eligible for a later research study investigating a community singing intervention for fathers at risk of postnatal depression (PND). This stage is sometimes called a "screening" process and is used only to determine whether you may be suitable to receive full information about the study at a later point.

PND affects approximately 1 in 10 fathers and is often under-recognised and under-treated. Understanding more about paternal postnatal mental health is an important area of research, as fathers' wellbeing can have an impact on both parent–infant relationships and family life.

This screening stage helps us identify potential participants who may be suitable for the next stage of the research. It also contributes to a broader understanding of factors associated with postnatal mental health in fathers.

It is important to note that completing this screening questionnaire does not mean you are taking part in the research study itself. If you are eligible and choose to proceed, you will later be given full information about the study and will be able to decide whether or not you would like to take part.

What will happen if I take part in this online registration?

You will be asked to provide your contact details, as well as the details of your next of kin and your GP, through the online registration form. Breathe Arts Health Research will then ask you to complete a short online screening questionnaire. The questionnaire includes questions about your wellbeing, personal circumstances, and life experiences. Some questions relate to sensitive topics, including previous mental health difficulties, challenging life events, your partner's wellbeing, and demographic information. These questions are used to assess whether you are eligible to participate in the study.

If your answers to the screening questionnaire meet the eligibility threshold, it means that you may be at increased risk of developing depression during the postnatal period (i.e., the first 12 months after your baby's birth). However, it is important to note that not all people who meet eligibility criteria will become depressed, many will remain well throughout the postnatal period. One aim of this study is to better understand why people with similar circumstances may have different mental health experiences during this time.

If your initial screening suggests you may be eligible, and you agree to be referred, your contact details will be passed to the KCL research team. The research team will then contact you to

provide full information about the study. At that stage, you can ask any questions you like and are free to decide not to participate at any time.

Do I have to take part?

Participation is completely voluntary. You should only consent if you want to, and choosing not to be involved will not disadvantage you in any way. Once you have read the information sheet, please contact us if you have any questions that will help you decide. If you decide to consent to taking part, we will ask you to sign a consent form and you will be given a copy of this form to keep. If you do consent to participation, you still have the right to withdraw at any point without having to give a reason – to do this you should contact the research team.

What are the possible risks and benefits of taking part?

No significant risks are expected from completing the screening questionnaire. Some people may find certain questions about wellbeing or personal experiences sensitive or upsetting. You can skip any questions you do not wish to answer and stop at any time.

There are no direct benefits to taking part in this screening stage. However, if you are eligible, you may later be invited to take part in a research study that may support your wellbeing and your relationship with your baby.

Incentives

No payment or incentive is provided for completing the screening questionnaire.

If you are deemed eligible and you take part in the study, you will be offered up to £80 in high street vouchers to reimburse you for the time and participation in the study.

How will we use information about you?

We use your information only to determine whether you may be eligible for the next stage of the research and to contact you if appropriate.

The information collected includes personal contact details and your responses to the screening questionnaire.

Only the research team at King's College London and Breathe Arts Health Research will access your information. Your data will be stored securely and handled in accordance with UK data protection law (UK GDPR).

What are your choices about how your information is used?

You can stop the screening at any time. If you do not proceed to the next stage of the study, your identifiable data will not be shared with the King's College London research team.

What happens next?

If you are eligible and agree to be contacted, the research team will send you full information about the study and ask whether you would like to take part in the main research project.

Who should I contact for further information?

If you have any questions about this screening or the research project, you can contact the research team at King's College London or Breathe Arts Health Research by emailing: melodies4dads@kcl.ac.uk or info@breatheahr.org, respectively.

What if something goes wrong?

Some questions in the screening questionnaire ask about your wellbeing and personal experiences. If any of the questions make you feel upset or uncomfortable, you can stop at any time or skip any questions you do not wish to answer.

If you have concerns about how the study is being run, you can contact the research team using the details above.

Thank you for reading this information sheet and for considering taking part in this research.