

MINdFEEd

ARE YOU A PARENT OR ARE YOU EXPECTING A BABY?

Your experience matters – take part in research in Switzerland

Additional information

WHO CAN PARTICIPATE?

- Parents expecting a child (during pregnancy)
- Parents of a baby under 1 year old
- English-speaking parents

Pregnancy and the first year of a child's life are important, sometimes challenging periods.

Our study aims to better understand eating practices within families, as well as parents' well-being and their needs.

Your experience is valuable and your voice matters

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THIS PROJECT HAS BEEN APPROVED BY THE ETHICS COMMITTEE OF THE UNIVERSITY OF FRIBOURG (UNIFR), DEPARTMENT OF PSYCHOLOGY

What do I gain when taking part ?

- Receive **financial compensation** for your participation
- Make your **needs as a parent heard**, especially regarding mental health
- Help research better understand the links between **family nutrition and well-being**

STUDY STEPS

1. **Register** via our online form

Voluntary participation
You can participate even if you miss a questionnaire; your participation remains valuable at any time



2. **Read and approve** a consent form (online)

3. Complete **3 anonymous questionnaires** (online)

During pregnancy (28-32 weeks), then 3-4 months and 8-9 months after birth

SCAN THE QR CODE TO PARTICIPATE IN THE STUDY

Up to CHF 60 per participation

CHF 15 per completed questionnaire *(send an email with a screenshot to receive payment)*
+ CHF 15 bonus *if all 3 questionnaires are completed*

→ **120 CHF in total for your family** if your partner also participates

Any questions? Want to participate?

Contact us or scan the QR code to learn more:
mindfeed@unifr.ch or +41 26 300 9603