

## 'Story' Writing Guidelines for NRAMP Participants

### **Purpose:**

The National Register of Antipsychotic Medication in Pregnancy (NRAMP) is an observational, nationwide research study for women of child-bearing age who take antipsychotic medication during pregnancy. Many women like to share their experience of pregnancy, including those who may need to take antipsychotic medication at this time.

NRAMP Participants are invited to share their stories and experiences of the need for antipsychotic medication during pregnancy, and the impact this has on their family and lifestyle. This provides the opportunity to assist others in similar situations and to enhance the understanding of the needs of this group within our communities.

NRAMP Participant stories may be included in NRAMP Newsletters, Booklets and the NRAMP website.

### **'Story' Writing Guidelines:**

- Participants may have current or past association with the study
- Consent has been obtained from each participant on joining the study
- Participation is completely voluntary
- Participants are encouraged to use their own, personal writing style
- There is no set word limit
- Stories may comprise, but are not limited to:
  - ✓ Family background and life experiences where they contribute to the overall theme
  - ✓ Mental illness, family and community as it applies to the participant
  - ✓ Participant experience of taking antipsychotic medication during pregnancy
  - ✓ Support systems in place
  - ✓ Pregnancy outcomes for mother and baby
  - ✓ Planning for the future, including possible future pregnancies
  - ✓ Message to the community in support of women who need to take antipsychotic medication during pregnancy
  - ✓ Any other information which may be deemed relevant

### **Confidentiality:**

- The confidentiality of NRAMP Participants is maintained by the use of non-deplumes; participants are encouraged to select fictitious names

### **Benefits:**

- Opportunities to support women who need to take antipsychotic medication during pregnancy
- Opportunities to share their stories and foster interest and understanding for this group of women and their families in our communities
- The opportunity to put experiences into written form can be cathartic, and therefore possibly beneficial to mental health and wellbeing
- Possible further recruitment to NRAMP, which will allow for more comprehensive data collection and guideline development of antipsychotic medication use during pregnancy, with subsequent benefit for all

### **NRAMP Personnel:**

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