

# Family Foundations Study

Does the Family Foundations intervention improve physical and mental health outcomes in individuals pregnant via Assisted Reproductive Technology?

## What is the purpose of the study?

The purpose of this study is to help expectant mothers build a coparenting bond and improve communication with a support person (co-caregiver).

## Who is eligible to participate:

- Expectant mothers, 18 years of age or older, and living in the USA
- 12-30 weeks pregnant via Assisted Reproductive Technology (ART) such as: In vitro Fertilization (IVF); Intrauterine Insemination (IUI); Intracytoplasmic Sperm Injection (ICSI); or Frozen embryo transfer (FET)
- Have a co-caregiving partner and you are interested in learning attitudes and skills that foster positive parenting teamwork (“coparenting”) with a support person (e.g., spouse, close friend, parent or other close relative)



## Participation will include:

- Surveys (one between 12-30 weeks gestation and one at 3-6 months postpartum)
- At-home blood sample collection tests (one between 12-30 weeks gestation and one at 3-6 months postpartum)
- Attending 9 virtual one-two hour Family Foundations (FF) intervention sessions (at no cost to you) with your supportive co-caregiver (five sessions during pregnancy and 4 sessions postpartum)

Participants will receive a \$20 gift card for each survey, totaling \$40 for completing both surveys and an additional \$20 for each blood sample collection, totaling \$40.

For more information, scan the QR code or contact the study staff at: Phone: 323-866-8107  
Email: [FamilyFoundations@cshs.org](mailto:FamilyFoundations@cshs.org)

