

# EDINBURGH PREGNANCY RESEARCH TEAM

# NEWSLETTER



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## Welcome...



... to the Winter issue of the Edinburgh Pregnancy Research Team Newsletter

We're excited to share with you our current projects, and in future issues plan to look back on previous studies we've been involved in. None of this would be possible if it weren't for the generosity of people signing up to participate in research, so a big thank you to everyone who consents to take part in our studies! Thank you to all those showing an interest and reading this too.

The Edinburgh Pregnancy Research Team (EPRT) love being based at the Royal Infirmary of Edinburgh, and "Research shows that even health patients who are not involved in trials themselves benefit from being in research-active hospitals." (Downing et al (2017) Gut 66(1):89-96.). We are proud to be a multidisciplinary team working towards improving maternal healthcare and outcomes, at a centre of excellence for pregnancy research.

Enjoy this issue and look out for our next issue in Spring 2023!



*The Edinburgh  
Pregnancy Research Team*



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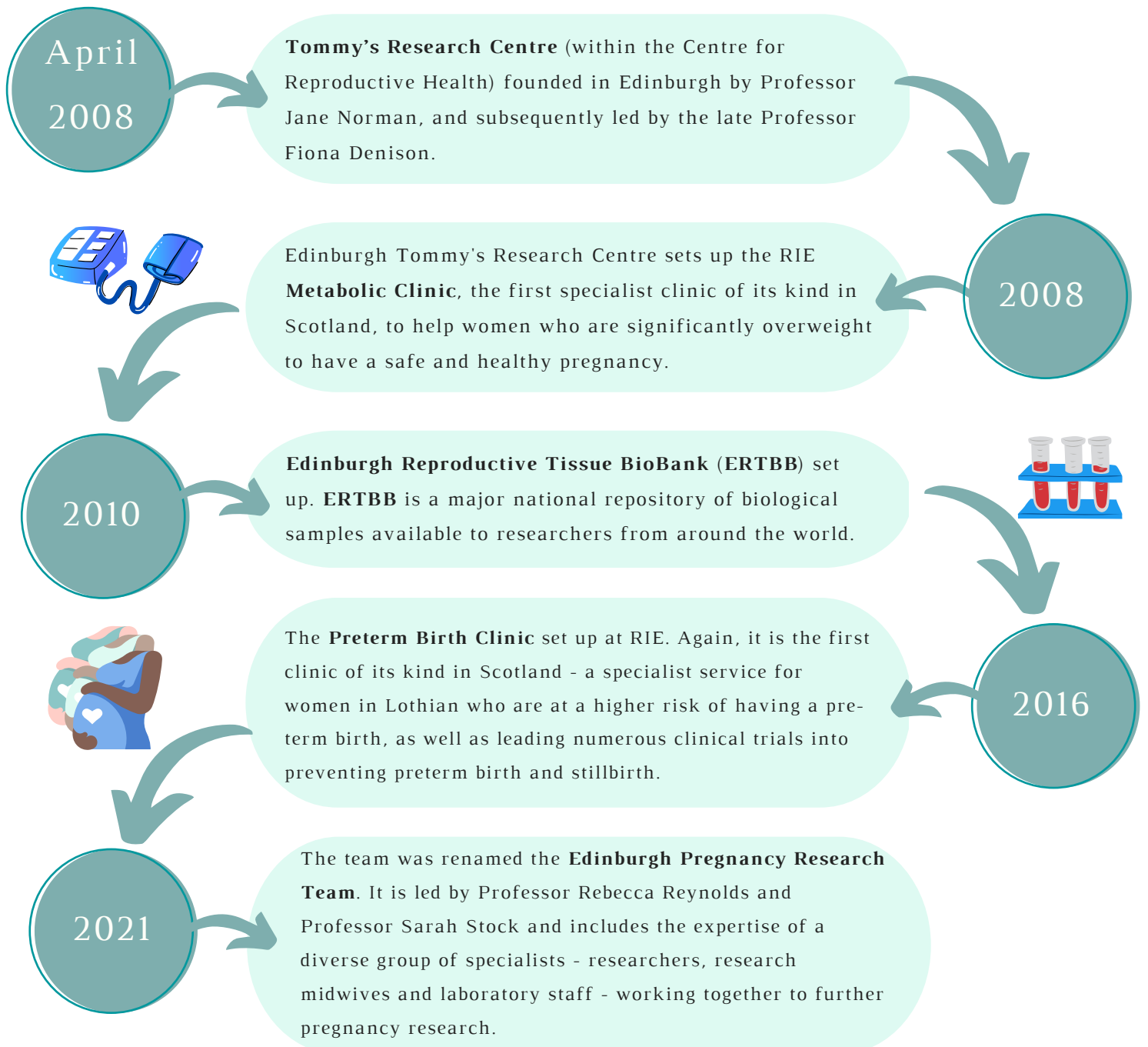
The Edinburgh Pregnancy Research Team (EPRT) encompasses a diverse group of academic researchers, medics, midwives and laboratory staff.

We work together within NHS Lothian and the University of Edinburgh to improve pregnancy outcomes and experiences through research. We also work collaboratively with many other academic and clinical teams and organisations, with the same shared interest in promoting research in pregnancy.

## Any Questions?

If you have any questions about our studies, want more details or would like to contact one of our team then email: [researchmidwives@nhslothian.scot.nhs.uk](mailto:researchmidwives@nhslothian.scot.nhs.uk) or phone: **0131 242 2480**

# Our History



# Our Current Research Projects

## A quick introduction!



**Born in Scotland in the 2020s (BiS)** is a cohort study in the pilot phase. It is currently recruiting in NHS Lothian. There are no extra appointments or tests to those who sign up. We hope to be able to answer questions such as "why are some babies born early or ill in Scotland?" or "how does our time in the womb affect health outcomes in childhood and beyond?".

We are also working on the **Born in Scotland Data Trust** project - where we want to test how a new, different model for looking after data (called a data trust) could work in practice using BiS as a case study.

**Find out more:** [www.ed.ac.uk/cardiovascular-science/born-in-scotland](http://www.ed.ac.uk/cardiovascular-science/born-in-scotland)  
[www.ed.ac.uk/edinburgh-pregnancy-research/current-studies/born-in-scotland-data-trust](http://www.ed.ac.uk/edinburgh-pregnancy-research/current-studies/born-in-scotland-data-trust)

**STOPPIT-3** is a twin study. Mums/parents who are pregnant with twins and due to give birth at 35+0-38+6 weeks by induction or caesarean (and who consent to participate) will be given two injections in the days leading up to birth. They will either receive a placebo (saline) or a steroid injection. Steroids are frequently used if babies are born premature to help with lung development. We want to find out if they are helpful later on in pregnancy. **STOPPIT-3** participants who have a caesarean birth can also sign up to **STOPPIT-M**. In **STOPPIT-M** we collect samples at the time of caesarean birth and want to find out why steroids work in some babies, but other babies still develop problems.

**Find out more:** [www.ed.ac.uk/edinburgh-pregnancy-research/current-studies/stoppit3](http://www.ed.ac.uk/edinburgh-pregnancy-research/current-studies/stoppit3)

EPRT are helping to recruit in NHS Lothian for a UK-wide study being conducted by the University of East Anglia called **BabyBreathe**. **BabyBreathe** is a package of support designed for the postnatal period to help women/gestational parents stay smoke free postnatally. Women/people who have stopped smoking during pregnancy, or up to 12 months prior to becoming pregnant, and who meet the eligibility criteria can participate and will either be allocated to the control arm or the intervention arm of the study.

**Find out more:** [www.ed.ac.uk/edinburgh-pregnancy-research/current-studies/babybreathe](http://www.ed.ac.uk/edinburgh-pregnancy-research/current-studies/babybreathe)

### Edinburgh Reproductive Tissue Bio Bank (ERTBB)

The **ERTBB** has been set up to help medical and scientific researchers working in reproductive biology, who are trying to improve the health, diagnosis and treatment of women/people who can get pregnant and their un-born infants.

The Bank provides high quality tissue samples and matched medical information in an anonymous form for researchers to use in their studies.

**Find out more:** [www.ed.ac.uk/edinburgh-pregnancy-research/current-studies/biobank](http://www.ed.ac.uk/edinburgh-pregnancy-research/current-studies/biobank)



# Spotlight Study

## What is the 'Born in Scotland' pilot study?



**Born in Scotland in the 2020s** is a study that aims to collect data from a group of pregnant mothers and people, and their baby/babies during pregnancy, birth and into childhood. This type of study is called a birth cohort study.



We know from other birth cohort studies that the health and wellbeing of women and gestational parents during pregnancy can affect the health and wellbeing of their babies, both during development in the womb and whilst growing in childhood. This study will link information we normally collect during pregnancy from mums and gestational parents to their baby's/babies' health.

In this study, we hope to collect data which will help medical professionals to give better care to pregnant mothers/parents and babies, and make a positive difference to future families.

In this pilot study we want to find out the best way to set up this new birth cohort in Scotland. A pilot study means it is a small-scale study to help us decide how best to set up a larger study.



For more information about the study, please visit our website: <https://www.edin.ac/borninScotland-join>

You can also find us on social media!



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@edinburghpregnancyresearchteam



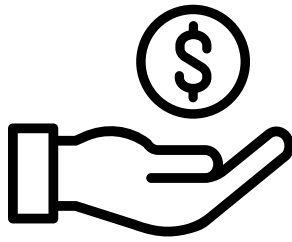
@EdiPregResearch



# Retrospect: A Look Back at a Previous Study



The Enjoy Your Bump study was designed for women and pregnant people experiencing mild-moderate symptoms of anxiety and depression during their pregnancy. The study used an online educational Cognitive Behavioural Therapy (CBT) based life skills course called 'Enjoy Your Bump'. The CBT course aimed to improve feelings of depression and anxiety by encouraging and teaching more positive patterns of thinking. It recruited pregnant women and people in NHS Lothian with symptoms of anxiety and depression. The participants then completed online questionnaires before and after the course and were followed up at 6-12 weeks after childbirth to assess any effects of 'Enjoy Your Bump' on improving their mental health.



## Support Us



The Edinburgh Pregnancy Research Team is a group of health and science professionals, working across the University of Edinburgh and NHS. We are committed to promoting and supporting perinatal research in order to improve pregnancy outcomes and experiences for pregnant women and families.



You can help us by fundraising... while you shop!

The easiest way to do this is to go to our website:  
[www.easyfundraising.org.uk/causes/eprt/](http://www.easyfundraising.org.uk/causes/eprt/)



Easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

Brands pay easyfundraising a commission because when you start your shop from the easyfundraising website or app, they can see we sent you to them. If you make a purchase, a commission is generated, and that gets turned into a donation for us - magic!

# Keep in Touch!

If you have any questions about our studies, please don't hesitate in contacting us. We would be delighted to hear from you!



0131 242 2480



<https://www.ed.ac.uk/edinburgh-pregnancy-research>



[researchmidwives@nhslothian.scot.nhs.uk](mailto:researchmidwives@nhslothian.scot.nhs.uk)



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