



MOTHER AND BABY STUDY

Blood Pressure Regulation, Stress and Maternal Oxytocin Response

Introduction: You are being invited to take part in a research study conducted by researchers Dr. Julianne Holt-Lunstad from the department of Psychology at Brigham Young University, Dr. Karen Grewen from the Dept. of Psychiatry, University of North Carolina, and Dr. Kathleen Light from the Dept. of Anesthesiology, University of Utah.

The purpose of the study is to examine the relationships between early return to work outside the home and other factors that limit mother-infant contact, and mothers' blood pressure and hormone responses. We will focus on the stress of being a new parent, the experience of touch vs. non-touch interactions with your baby, and natural hormonal responses which may increase or decrease feelings of stress.

We will examine hormonal, cardiovascular and behavioral responses of healthy mothers and their infant during normal mother-infant interactions (involving verbal, visual and touching forms of mother-infant communication).

Participation: We are looking for mothers and their full-term infants. In addition to mothers and their biological infants, *we encourage mothers [who have adopted] and their adopted infants to participate*, as this is an understudied group of mothers.

Study Duration:

When the infant is approximately 3 months old:

- The first visit will be to outfit the mother with a portable blood pressure monitor and give them questionnaires (approximately 65 minutes).
- The second visit will occur 24 hours later and will consist of a (approximately 2 hour) laboratory session.

When the infant is approximately 12 months old:

- The third and fourth visits will be identical to the first and second.

Sponsor: This research is funded by the National Institutes of Health.

Institutional Approval: This study has been approved by the Institutional Review Boards at the University of Utah, Brigham Young University, and University of North Carolina at Chapel Hill.

Compensation: \$175.00 for full completion of this study (\$75 for testing at 3 months; \$75 for testing at 12 months; \$25 bonus for full completion).

Questions about the Research: If you have any questions regarding this research project you may contact:

Dr. Julianne Holt-Lunstad, (801) 422-1324; julianne.holt-lunstad@byu.edu

Dr. Kathy Light, (435) 513-4050; Kathy_Light@med.unc.edu