

Mothers and Trauma-Informed Research

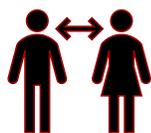
Many mothers with mental health and substance use conditions have had traumatic experiences. Here are some tips for engaging them in research, keeping this in mind.



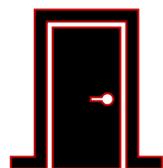
Provide Choices. Schedule sessions at mothers' convenience, in modes they prefer (e.g., in-person, telephone, video conference).



Be empathic. Ensure that if mothers feel uncomfortable about questions, they can choose not to answer, take a break, or stop participating at any time.



Be respectful. Take a non-judgmental stance. Listen, but don't make assumptions. A mother's way of evaluating or making meaning of an experience may not be the same as yours.



Offer privacy. Ask about mothers' preferred mode of communication. Is it OK to leave a voice or email message?



Have resources identified. Specify a safety plan in your protocol, and suggest follow-up resources, if warranted.

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