

Evaluation of PARENTal and neonatal streSS during the perinatal period and its effect on prematurity (PASS)

We would like to gain a better understanding of the influence stress hormones and other biological messengers which might protect against stress can have on pregnant women and their partners. In addition, we would like to understand whether these hormones might reach the unborn baby. Therefore, we are looking for parents who are willing to share with us their experiences of pregnancy as well as the initial period after the birth of their child and provide us with their fingernail clippings (leftovers of regular nail cuts) and those of their child (or children) after birth.

The research project at hand involves responding to 3 questionnaires at three different time points:

1. The first time point is scheduled for the last trimester (between 20-32 weeks of pregnancy)
2. The second shortly after delivery (up to 4 weeks after birth), and
3. The third 2-4 months later.

We would like to ask you (and your partner) to respond to these questionnaires individually and to collect your nail clippings during these same time periods. The fingernail clippings of your newborn child will be collected after birth.

Each questionnaire will take roughly 15-20 minutes to complete. Together with the fingernail clippings, the entire project will take about 1.5 hours of your time over a period of 6 months.

You are allowed to participate if you are expecting a child within the next 3 months, are older than 18 years, you understand the information and you do not suffer from severe nail biting or a nail disease, and you do not need high dosage corticosterone-therapy.

There will be no direct benefit for participating in this research project. However, if you wish, we will inform you about the ongoing study and provide you with free baby products. These products are unrelated to our medical opinion.

If you are interested in our research study, please click on the following link which will guide you to the patient information, informed consent and the first questionnaire. Alternatively, you can send us a mail @ tanja.restin@hin.ch and we will provide you with more detailed information.

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