


MAMA Study App User Guide

ABOUT THE MAMA APP

While you are in the MAMA study we will contact you when it is time to complete a study questionnaire.

For some of these questionnaires you will receive a link via email. For others we will ask you to complete a report on the MAMA app.

The information on the back of your **Welcome Card** will tell you what we will be asking you to do and when.

 This icon shows when a report should be completed via the MAMA app.

Regular report notifications


You will receive a notification (reminder) on the MAMA app when it is time for you to complete a regular report.


Reports you can send at any time

Until your baby is 12 months old, please use the MAMA app to tell us:



- if you or your baby are admitted to hospital
- if your baby is prescribed antibiotics
- about how your arthritis is


Here is a quick reminder to let you know when we will be contacting you.


When you join the study:
You should shortly receive a link via email to complete your first **MAMA questionnaire**. Please complete this as soon as you can. 

During your pregnancy:
Monthly
We will ask you to complete a short questionnaire each month during your pregnancy on the app. 

After your baby is born:
Around 1 month (for infant immune response element only)
If you agreed to be contacted about the 'infant immune response' element of the study, we will contact you by telephone or email. You will have the opportunity to ask questions and decide if you would like your baby to take part.

3 months
6 months
12 months
At 3, 6, and 12 months we will ask you to complete two questionnaires. One on the app **AND** one online via a link sent by email.  

24 months after your baby is born:
We will be asking some participants to complete two final questionnaires both online via a link sent by email. 

Until your baby is 12 month old, please use the app to tell us:
• if you or your baby are admitted to hospital
• if your baby is prescribed antibiotics
• about how your arthritis is 

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HOW TO DOWNLOAD THE MAMA APP:

1. On your phone go to the App store (for iPhones) or Google Play (for Android phones).



App Store app icon



Google Play app icon

2. Search for 'MAMA Trial'. The icon for the MAMA app is shown below:



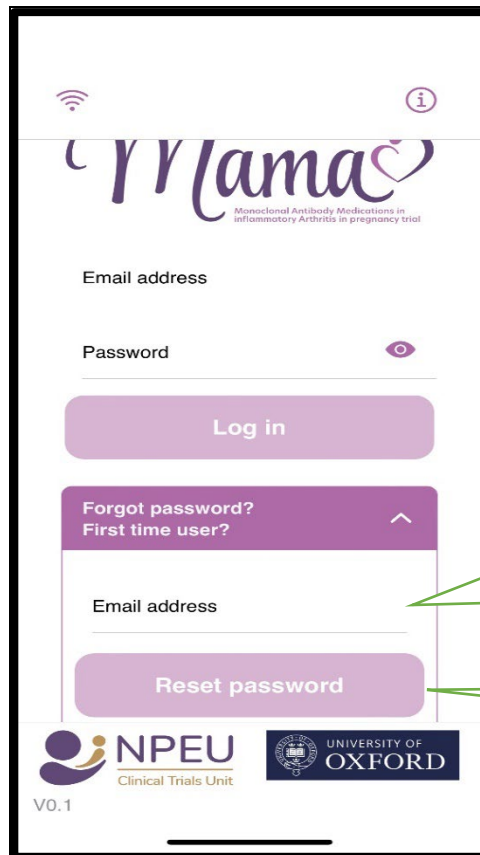
MAMA app icon

3. Follow the instructions on your phone to download the MAMA app.

We recommend that you check for updates to the MAMA app regularly on the app store you downloaded it from. If your phone prompts you to update the app, please follow instructions to do this.

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1. USING THE APP FOR THE FIRST TIME:



When you open the MAMA app for the first time this page will be displayed

Enter your email address (this must be the one that you gave us when you joined the MAMA study)

Tap 'Reset password'



You will receive an email to the email address you entered.

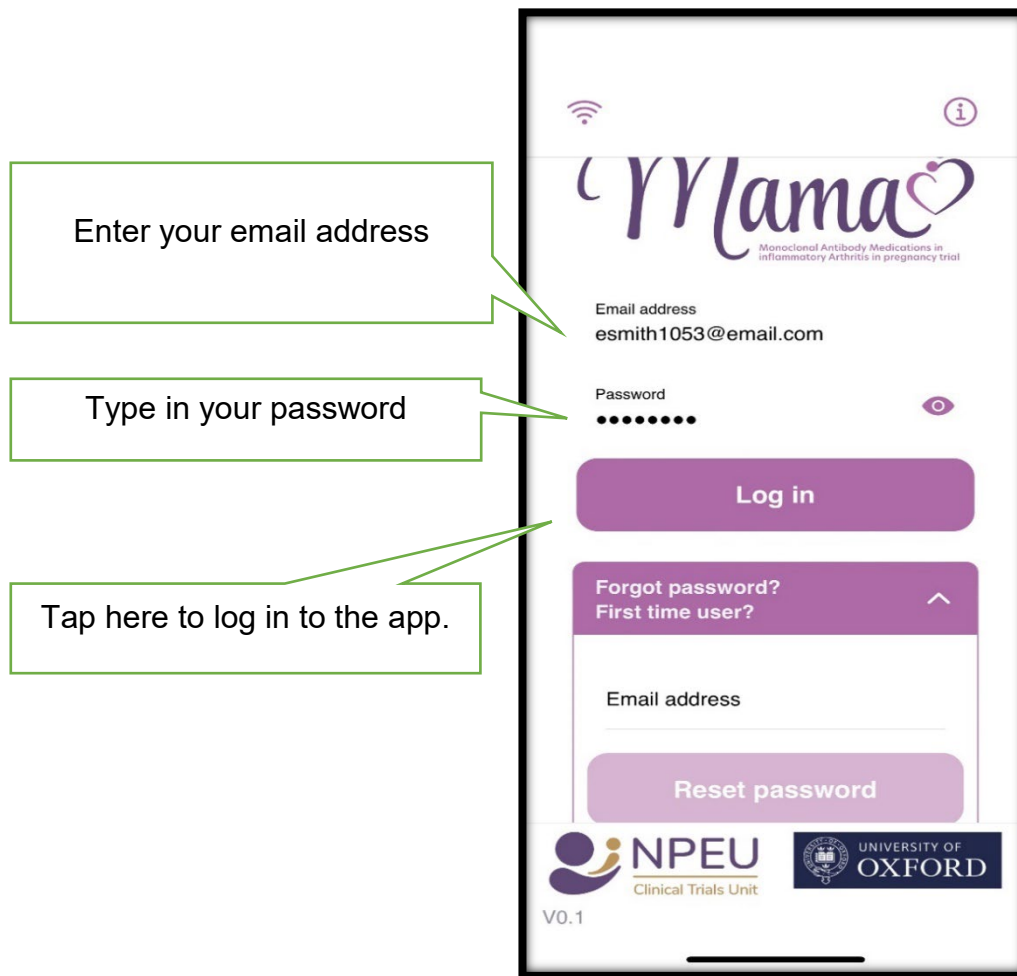
Open the email and do the following:

1. Tap the verification link and follow the instructions.
2. Return to the email.
3. Tap the password reset link and follow the instructions to set a password for the app.

NOTE: The password reset link is valid for 15 minutes. If it has expired, you can request another one by entering your email on the app and tapping 'Reset password' again.

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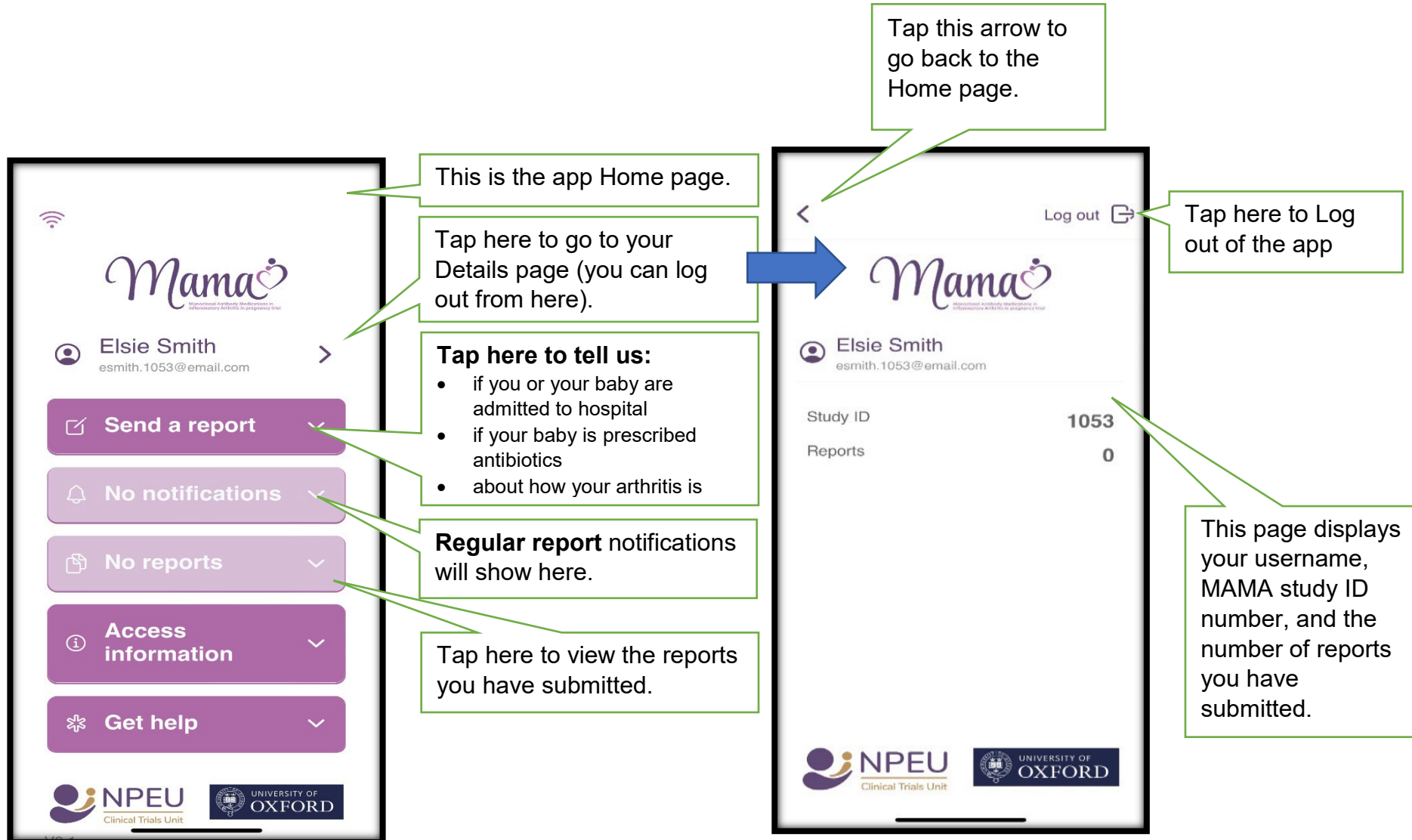
2. HOW TO LOG IN TO THE MAMA APP:



After you sign up and log in for the first time, you will remain logged in, even after you close the app (unless you log out).

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3. EXPLORING THE MAMA STUDY APP



This is the app Home page.

Tap here to go to your Details page (you can log out from here).

Tap here to tell us:

- if you or your baby are admitted to hospital
- if your baby is prescribed antibiotics
- about how your arthritis is

Regular report notifications will show here.

Tap here to view the reports you have submitted.

Tap this arrow to go back to the Home page.

Tap here to Log out of the app

This page displays your username, MAMA study ID number, and the number of reports you have submitted.

| | |
|----------|------|
| Study ID | 1053 |
| Reports | 0 |

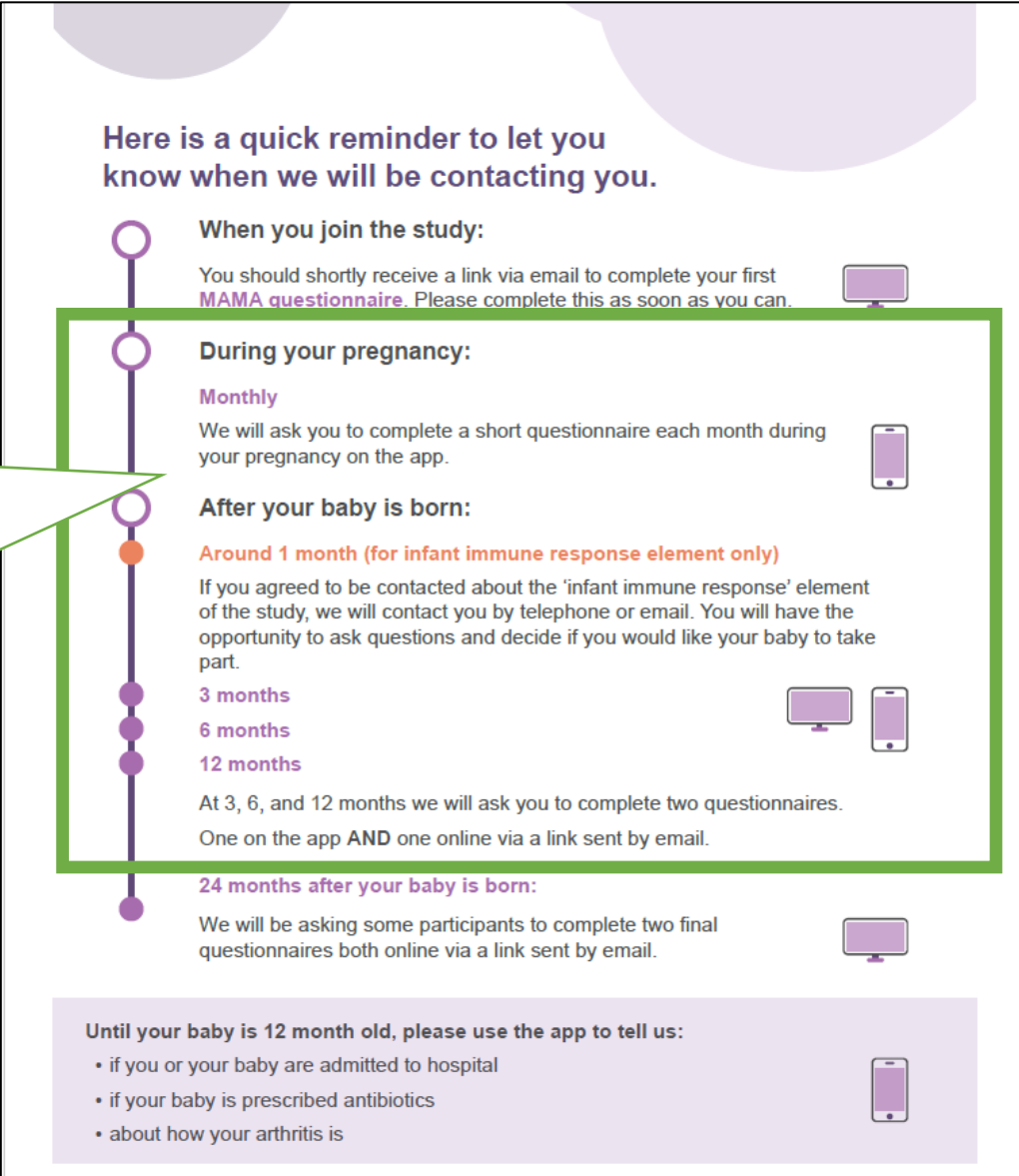
4. SUBMITTING A REGULAR REPORT:

You will be sent a notification (a reminder) when it is time for you to submit a **Regular report**.

These reports will be requested **monthly during your pregnancy** and at **3, 6, and 12 months** after the end of your pregnancy.

We will ask you some questions about how your arthritis is affecting you in terms of activities you are able to do, and some questions about the arthritis medications you are taking.

These reports should only take a few minutes to complete.



Here is a quick reminder to let you know when we will be contacting you.

When you join the study:
You should shortly receive a link via email to complete your first **MAMA questionnaire**. Please complete this as soon as you can.

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We will ask you to complete a short questionnaire each month during your pregnancy on the app.

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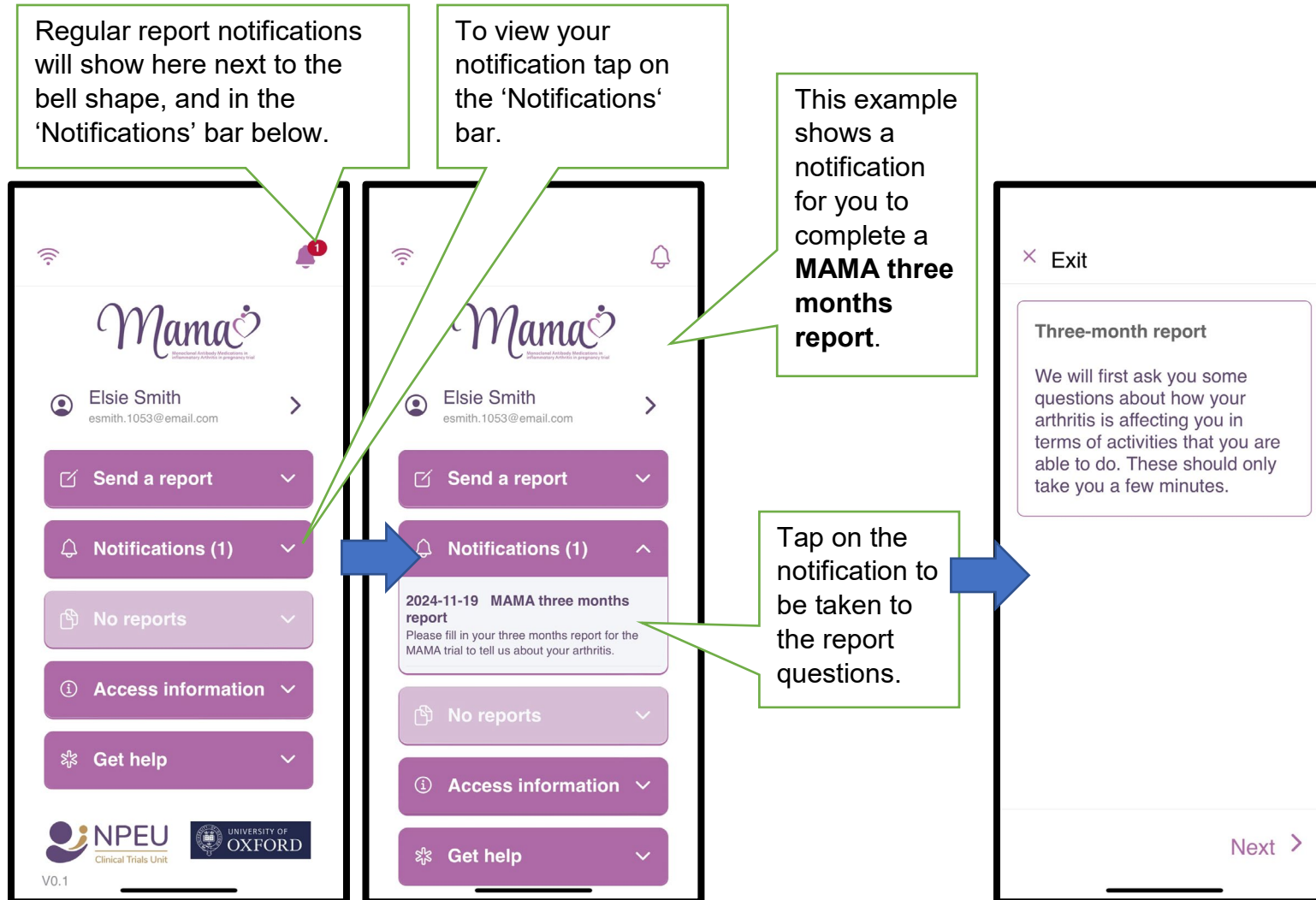
24 months after your baby is born:
We will be asking some participants to complete two final questionnaires both online via a link sent by email.

Until your baby is 12 month old, please use the app to tell us:

- if you or your baby are admitted to hospital
- if your baby is prescribed antibiotics
- about how your arthritis is

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4. SUBMITTING A REGULAR REPORT - Notifications:



Regular report notifications will show here next to the bell shape, and in the 'Notifications' bar below.

To view your notification tap on the 'Notifications' bar.

This example shows a notification for you to complete a **MAMA three months report**.

Tap on the notification to be taken to the report questions.

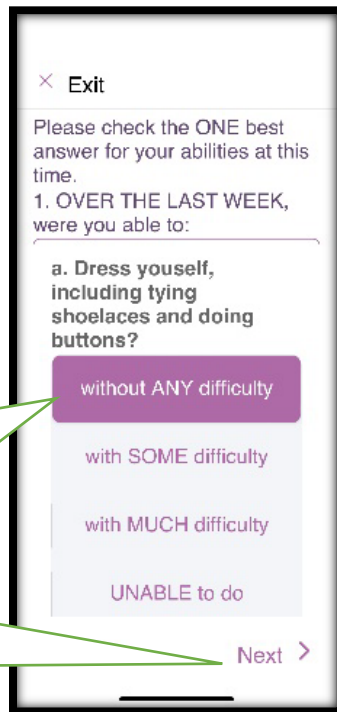
Exit

Three-month report

We will first ask you some questions about how your arthritis is affecting you in terms of activities that you are able to do. These should only take you a few minutes.

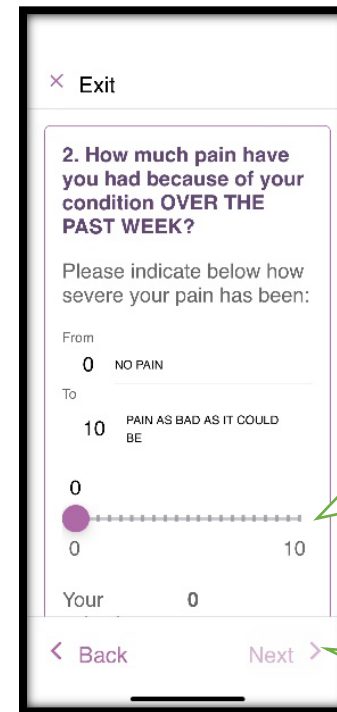
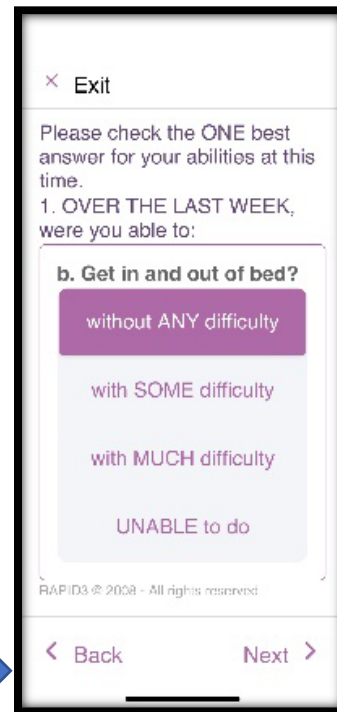
Next >

4. SUBMITTING A REGULAR REPORT – Completing a report:



Tap to select or 'check' the best answer to each question.

Tap to 'Next' to move to the next question.



For questions with a scale:

Tap on the scale or slide the purple dot to the number you would like to select.

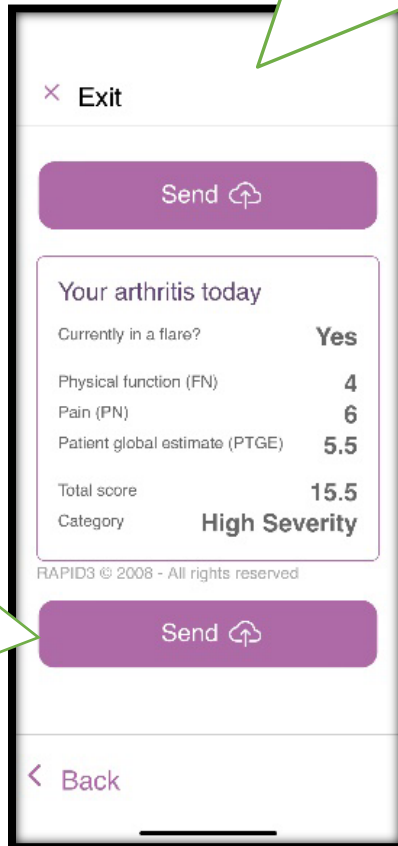
Tap to 'Next' to move to the next question.

Please note that the information reported on the app is not sent directly to your GP, obstetrician/midwife or rheumatologist. If you need medical advice, please contact your healthcare team directly.

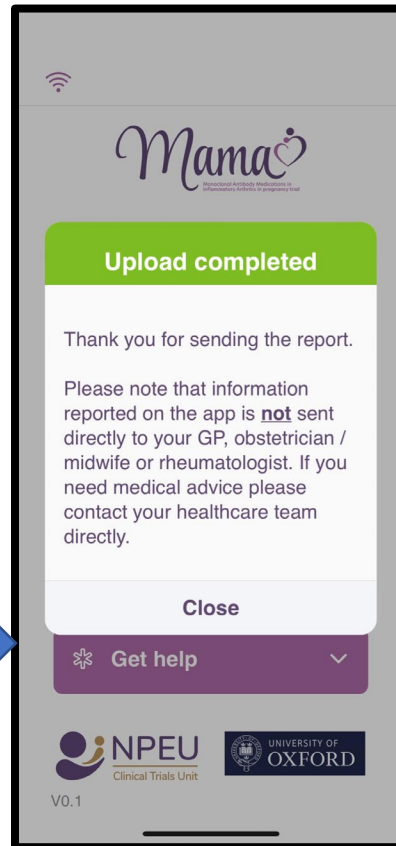
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4. SUBMITTING A REGULAR REPORT – Submitting/editing a report:

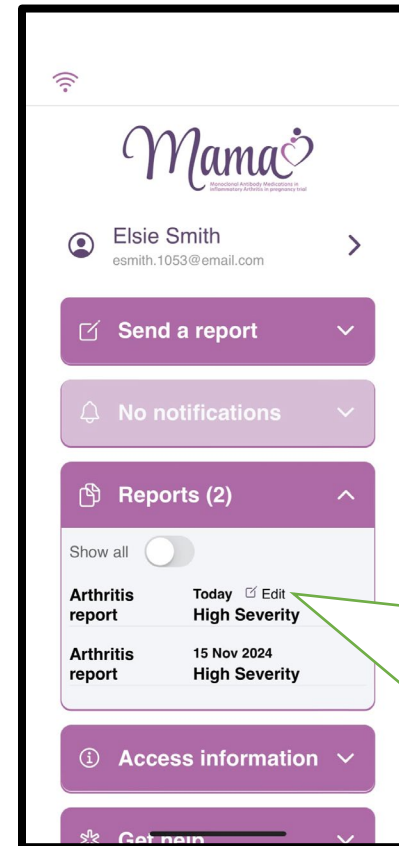
Once you have completed all questions, you will see this page which gives you a score which is calculated from the answers you have provided.



Make sure you tap 'Send' to upload your report.



You can edit your report response on the same day you submitted it.

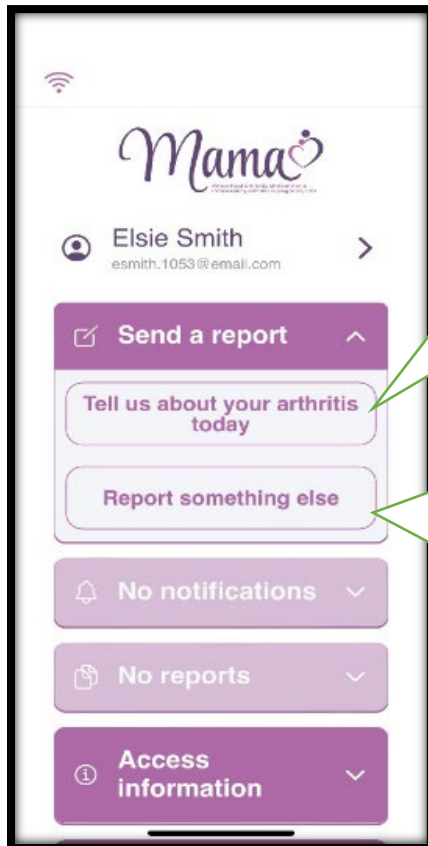


Tap 'Edit' next to the report you wish to edit.

You will need to move through all the questions.

Make sure you upload the updated report again at the end by clicking 'Send'.

5. SUBMITTING A REPORT AT ANY TIME



Tap **'Send a report'** and **'Tell us about your arthritis today'** to complete a report about your arthritis.




Tap **'Report something else'** to tell us if you or your baby are admitted to hospital or if your baby is prescribed antibiotics.

Please use the MAMA app to tell us:


- if you or your baby are admitted to hospital
- if your baby is prescribed antibiotics
- about how your arthritis is

You can do this at any time.

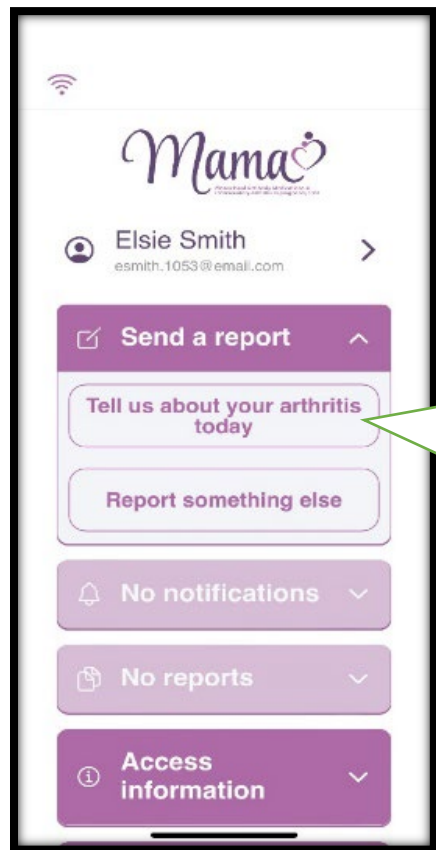
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- if you or your baby are admitted to hospital
 - if your baby is prescribed antibiotics
 - about how your arthritis is
- 

5. SUBMITTING A REPORT AT ANY TIME – About your arthritis



Elsie Smith
esmith.1053@email.com

Send a report ^

Tell us about your arthritis today

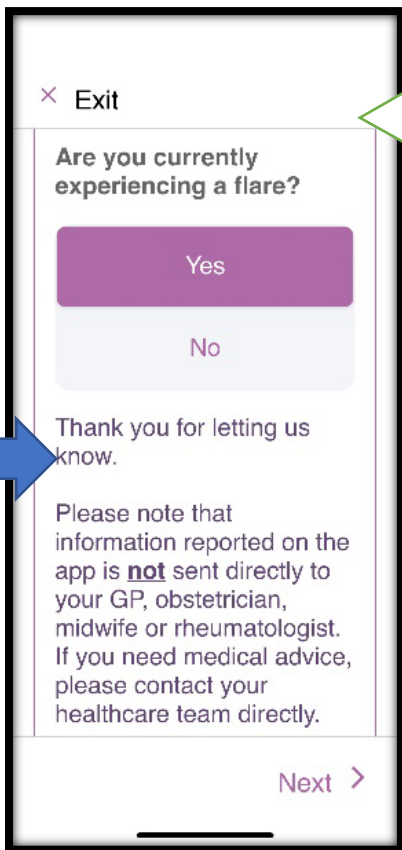
Report something else

No notifications v

No reports v

Access information v

Tap 'Tell us about your arthritis today' to complete a report about your arthritis.



× Exit

Are you currently experiencing a flare?

Yes

No

Thank you for letting us know.

Please note that information reported on the app is **not** sent directly to your GP, obstetrician, midwife or rheumatologist. If you need medical advice, please contact your healthcare team directly.

Next >

Work through the questions clicking 'Next' to move to the next question.

This information about your arthritis is an important part of the MAMA study.

You can send this report at any time, whether you are having a flare or not.

5. SUBMITTING A REPORT AT ANY TIME – Something else



This information about whether you or your baby are admitted to hospital or if your baby is prescribed antibiotics is an important part of the MAMA study.

You can send this report at any time.

For hospital admissions you will be asked to give the name of the hospital you were admitted to. **Remember to click 'Send'.**

Thank you for taking part in the MAMA study.

If you have any problems using the MAMA app please contact the MAMA Study Team

The MAMA Study Team
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National Perinatal Epidemiology Unit (NPEU)
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