

# The SUMMIT Trial: What is the study and why should I join?



## What is the SUMMIT Trial?

The SUMMIT Trial is a research study that can help women who may be struggling during pregnancy or after delivery to gain important skills to help manage unwanted feelings or thoughts, improve communication and focus on the things in life that make you feel better.



## Who can join SUMMIT?

- If you are pregnant up to 36 weeks or have delivered and are over 4 weeks postpartum
- If you speak English or Spanish

## What do I have to do if I join?

If you are eligible and join the study, you will be asked to participate in 8-weekly sessions with one of our study providers. You may be assigned to see a therapist in the usual care arm or a nurse who has been specially trained for the study. If you are in the usual care arm, it works just like normal care and your insurance may be charged. There is no cost for the nursing arm.

We will also send you online follow-up surveys at 3 months, 6 months and 12 months after joining the study. You will be compensated for surveys you complete and can earn up to \$60.

## Why should I join?

Everyone can benefit from gaining new skills to better manage their lives and relationships. We recognize pregnancy and postpartum as a time of transition that can be particularly vulnerable. We hope to help you learn different ways to cope with difficult situations.

You will also receive an activity booklet that you can use in the future to remember skills or practices you have learned.

## Who can I contact for more information?

You can email or call the study team at:

[summit@med.unc.edu](mailto:summit@med.unc.edu)

Laarni: 919-445-0422

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