

Sanford Health would like to invite you to participate in the Maternal Stress and Blood Sugar Metabolization During Pregnancy Study by the Strahm Research Lab about nutrition, emotions and pregnancy.

How can I join the study?

If you are over 18, in your first 16 weeks of pregnancy and interested in participating, please contact:

Strahm Research Lab

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Maternal Stress and Blood Sugar Metabolization During Pregnancy Study



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What are the study goals?

Through the research study, we are examining how women's emotions and nutrition during pregnancy are associated with their blood sugar and overall pregnancy health. This study will help us better understand how pregnant women respond to stress, which may enable us to help women in the future.

Compensation

You will receive \$200 for your time and effort.

What does participation require?

Prenatal blood samples

A small amount of blood—one vial—will be collected for our study when you complete your routine prenatal blood draws.

Surveys

Over the course of the study, you will fill out three surveys that will take 15 to 25 minutes each.

Strahm Research Lab visit

You will perform a task while our team monitors your:

- Blood pressure
- Heart rate
- Physiological measures

Pregnancy health information consent

Participants will agree to have your doctor provide us with information about your pregnancy health, including:

- Blood sugar test results
- Delivery of your baby

Who can participate?

- You qualify for the study if you:
- Are age 18 or older
- Are less than 17 weeks pregnant
- Are pregnant with a single child
- Did not use assistive reproductive technology
- Do not have a cardiac or endocrine diagnosis
- Have no history of diabetes