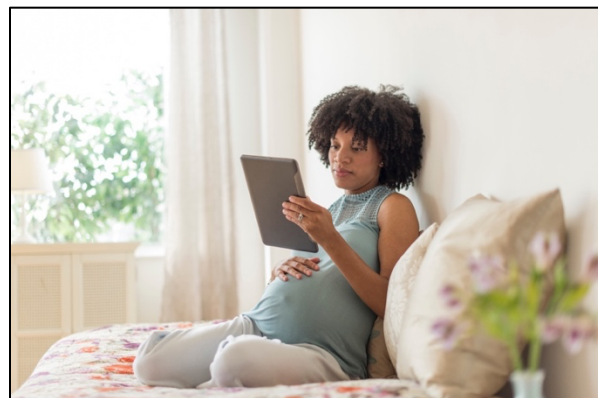


Resources, Inspiration, Support, Empowerment (R.I.S.E.) for Black Maternal Mental Health in collaboration with Candlelit and Maternal Mental Health Now

The purpose of the RISE study is to improve clinical care of Black pregnant individuals during pregnancy and the postpartum period.

Black people are at higher risk for physical and mental health complications during pregnancy due to cumulative effects of racism. This study is designed to test a mobile health (mHealth) web application informed by real world experiences that will allow participants to engage with educational modules about stress management techniques and help participants create a self-care plan to achieve emotional wellbeing during this vulnerable period.



Who is eligible to participate?

- Black pregnant individuals anywhere in the U.S.
- 12-32 weeks pregnant.
- At least 18 years old

What does this randomized control trial include?

- Engaging with an mHealth web application (1-3 hours) anytime during your pregnancy
- Completing 3 online questionnaires: 1 in pregnancy and 2 postpartum (20-45 min per survey)

- Optional: Studies suggest that stress increases inflammation. We aim to explore this by collecting a small amount of blood at your first visit and 3 months postpartum

What is the benefit to you?

- You will receive a \$20 gift card for each survey, totaling \$60 for completing all 3 surveys
- You will receive an additional \$20 for each (optional) blood sample collection, totaling \$40



For more information, scan the QR code or contact the study coordinator,
Samira Torna, at: Phone: 310-423-3348 Email: samira.torna@cshs.org

