



My Baby's Movements

My Baby's Movements (MBM) is a mobile phone program delivered through an interactive app and SMS.

The program is designed to help you understand your baby's movements and it encourages you to contact your care provider promptly about any concerns.



www.mbmapp.com.au



Study is conducted by:



Supported by the:





What is the purpose of the MBM trial?

The MBM program is being trialed as part of a research study led by the Mater Research Institute-University of Queensland, conducted at 26 different hospitals across Australia and New Zealand. The study aims to see if women find the program helpful in getting to know their baby’s movements and knowing what to do if they are concerned about their baby’s movements. The study will test whether the MBM program improves health outcomes, including reducing stillbirth rates.

How can I join the study?

Your midwife or doctor will register you for the study. You will then receive a study number via a text message which will allow you to access the MBM app.

MBM app

The MBM app is compatible with any mobile phone and is free to download via:

- iTunes: www.mbmapp.com.au/a
- GooglePlay: www.mbmapp.com.au/g
- Windows: www.mbmapp.com.au/w

To sign in, you will need your mobile number and your study number. The app has been developed through consultation with pregnant women and was supported by the Stillbirth Foundation Australia.

SMS

If you have a mobile phone that is not a smart phone, you can be signed up to receive one-way only text messages about your baby’s movements

What does participation involve?

Once you reach 28 weeks of pregnancy, you will start to receive reminders encouraging you to be aware of your baby’s movements. You will be invited to complete a short survey within the app once you have had your baby. This study will include birth outcome data for almost 300,000 women across Australia and New Zealand to see whether the MBM program improves outcomes for mothers and babies. Your de-identified data will be included in the study.

What if I don’t want to take part in the study?

Use of the MBM program is voluntary. You can ask to stop receiving app notifications and text messages at any time. Just let your midwife or doctor know.

If you have any concerns or do not wish for your data to be used in this study, please let your care provider know or contact the MBM study midwife on:

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Your study number:

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Visit our trial website:



For more information about the trial please follow: www.mbmapp.com.au