Plan Overview

A Data Management Plan created using DMPonline

Title: Pieces of Us - Matrescence workshop

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Funder: Economic and Social Research Council (ESRC)

Template: ESRC Template

Project abstract:

This is a one-off workshop with new mothers to explore 'matrescence', a little-known term combining 'maternity' and 'adolescence', coined in 1973 by anthropologist Dana Raphael. It describes the dramatic biological, psychological, emotional and social changes that women experience throughout pregnancy, childbirth and into motherhood, and counter to the baby-centric focus commonly found in discussions of motherhood, 'matrescence' situates the mother at the centre.

Matrescence research is conducted across disciplines such as neuroscience, psychology, and anthropology, and in addition, life coaches, journalists and creative practitioners are increasing visibility and access for more mainstream audiences. During matrescence, women often feel isolated and can struggle to find a clear sense of self, as the intensity of caring for your baby's needs often makes it more difficult to reflect on and care for yourself. Mothers who come across the term on social media claim their lives are positively transformed, as their difficulties become legitimised through knowledge of and identifying with this shared transitionary experience. However, the term is not in common parlance and awareness seems to be hit-and-miss, calling into question those women who enter their matrescence without the validation that awareness brings. Particularly with a view to perinatal and postnatal mental health challenges, this discrepancy needs to be addressed.

In addition to exploring what matrescence means and how it can affect mothers, participants will be asked to bring an object to the workshop that makes them feel connected to their sense of motherhood in some way. Then, using their objects as a springboard for self-identity exploration, they will be guided through creative activities, such as writing a letter to their pre-mother self, and finally by sharing connections and challenges, a joint experience of matrescence will emerge.

To continue this sense of communal connection beyond the workshop, participants will make 3D scans of their objects using Polycam, a free app which they will learn how to use. They will be able to view all the objects on their phones after the event, and they will leave with follow-on activities to encourage creative explorations at home.

ID: 161832

Start date: 23-10-2024

End date: 23-10-2024

Last modified: 21-10-2024

Grant number / URL: Part of the Festival of Social Sciences
https://www.plymouth.ac.uk/whats-on/pieces-of-us-objects-of-matrescence

Copyright information:

Pieces of Us - Matrescence workshop

Assessment of existing data

Provide an explanation of the existing data sources that will be used by the research project, with references

No relevant data already exists as we are using creative data outputs

Provide an analysis of the gaps identified between the currently available and required data for the research

There has never been creative data like that which we are collecting

Information on new data

Provide information on the data that will be produced or accessed by the research project

We are collecting experiential data in the form of creative writing and journal writing in response to motherhood objects

Quality assurance of data

Describe the procedures for quality assurance that will be carried out on the data collected at the time of data collection, data entry, digitisation and data checking.

Creative data will be kept verbatim to ensure it remains true to the author.

Backup and security of data

Describe the data security and backup procedures you will adopt to ensure the data and metadata are securely stored during the lifetime of the project.

All data will be password protected and only accessed by the events team. It will be backed up on the university One-drive.

Management and curation of data

Outline your plans for preparing, organising and documenting data.

Data will be used in conversation with participants, for example, they will decide how their writing is displayed.

Difficulties in data sharing and measures to overcome these

Identify any potential obstacles to sharing your data, explain which and the possible measures you can apply to overcome these.

Participants will consent to their data being displayed, which can be done anonymously if they wish.

Consent, anonymisation and strategies to enable further re-use of data

Make explicit mention of the planned procedures to handle consent for data sharing for data obtained from human participants, and/or how to anonymise data, to make sure that data can be made available and accessible for future scientific research.

Particpants will sign a consent form which sets out what they are agreeing to. If request is made for data to be anonymised, names will be changed.

Copyright and intellectual property ownership

State who will own the copyright and IPR of any new data that you will generate.

Copyright will remain with the authors.

Responsibilities

Outline responsibilities for data management within research teams at all partner institutions

Lauren Hayhurst is responsible for collecting, storing and sharing the data.

Preparation of data for sharing and archiving

Are the plans for preparing and documenting data for sharing and archiving with the UK Data Service appropriate?

Data (creative writing extracts) will be shared with participants via email.

Is there evidence that data will be well documented during research to provide highquality contextual information and/or structured metadata for secondary users?

Method of collection will be through creative writing exercises and the work produced will be shared voluntarily by the participant.