

How to get involved in research as a member of the public

This pack has been put together as a way of encouraging people to take part in research

Why would you wish to take part?

We want everyone to have the opportunity to be involved in health research.

There are lots of reasons to get involved:

NIHR | National Institute for Health Research

5 good reasons to take part in NHS research

EVERY MINUTE, one patient is recruited to participate in NHS research in England such as testing new drugs and devices. Research is vital to improve our health service and requires close working between patients, healthy volunteers, the NHS, universities and life sciences companies.

ASK YOUR DOCTOR OR NURSE about research and see trials seeking volunteers at: www.bepartofresearch.uk



- 1 YOUR WELLBEING**
Learn more about your condition and feel more in control of your care.
- 2 YOUR CARE**
You may be monitored more and receive more tests and check-ups.
- 3 HELP OTHERS**
Your participation could improve and save the lives of others.
- 4 YOUR HEALTH**
You may benefit from a new test or treatment.
- 5 HELPING YOUR NHS**
New discoveries make the NHS stronger and more efficient.

Here is a short video that will tell you all about research and why you may wish to take part: <https://youtu.be/80d-LAjWk9Y>



The NIHR is the part of the NHS involved in research. Their website explains what research is and what taking part in research might involve.
<https://www.nihr.ac.uk/documents/Starting-Out-Guide/30145>



You can volunteer to take part in studies that may be relevant to you.

List of resources

Here is a list of websites where you can volunteer to take part in studies of all different types:

https://bepartofresearch.nihr.ac.uk/		A central register of lots of studies
https://www.peopleinresearch.org/view-opportunities/	Studies related to dementia (you don't need to have dementia to take part)	
https://gladstudy.org.uk/		A study into the genetic links to anxiety and depression
https://ourfuturehealth.org.uk/	Our Future Health aims to be the UK's largest ever health research programme. It is designed to help people live healthier lives for longer through the discovery and testing of more effective approaches to	

	prevention, earlier detection, and treatment of diseases.	
https://bioresource.nihr.ac.uk/participants/join-the-bioresource/		The BioResource is committed to bringing together researchers and willing volunteers to contribute to leading research that will benefit everyone
Get involved in our research (versusarthritis.org)	Research into arthritis	
https://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial		Research into cancer
https://www.mssociety.org.uk/research/take-part-in-ms-research/be-in-a-study	Research into multiple sclerosis	
https://targetovariancancer.org.uk/about-ovarian-cancer/clinical-trials		Research into ovarian cancer
https://www.parkinsons.org.uk/research/take-part-research	Research into Parkinson's disease	
https://bloodcancer.org.uk/understanding-blood-cancer/clinical-trials/		Research into blood cancer

https://www.nhs.uk/conditions/clinical-trials/		How to take part in clinical trials
https://ethnicealthresearch.org.uk/	Research to reduce ethnic health inequalities	
https://exceed.org.uk/		A health study that looks at the causes of long-term health conditions by collecting information about genes and lifestyle
https://hpos.study/	A study of patients with psoriasis running across Europe	
https://www.mymelanomastudy.org/		The largest study of melanoma ever performed
https://imperial.eu.qualtrics.com/jfe/form/SV_2ulyxcCD7JYbKyq	'Interact' is a study about loneliness and social isolation	
https://phcs3.my.salesforce.com/sfc/p/#4K000005PopA/a/Q4000000KDE1/ro1q9JQXGmShHt062snbzlhLVmzYJowHospLkCdZ4U4		RCGP infectious disease surveillance