



Education for children, young people and families living with diabetes

Information for young people age 8 – 10 about the research

We are asking if you would take part in a research project to find out what is the best way of teaching young people and their parents how to manage diabetes. Before you decide if you want to join in it's important to understand why the research is being done and what it would involve for you. So please think about this information carefully. Talk about it with your family, friends, doctor or nurse if you want to.

What is research? Why are we doing this research?

Research is a way we try to find out the answers to questions. We want to see if there is a better way of teaching young people and their parents how to live with their diabetes.

Why have I been invited?

We are inviting young people with diabetes. The research will involve over 250 young people.

Did anyone else check this study is OK to do?

Before any research is allowed to happen, it has to be checked by a group of people called a Research Ethics Committee. They make sure that the research is fair. Your study has been checked by the The East Kent local ethics committee

Do I have to take part?

No. It's your choice. If you don't want to take part that's OK. You will still have the same care at your clinic.

If at any time you wish to stop doing the research you can do so. You don't have to say why you want to stop.

What will happen to me if I take part?

This will depend on which clinic you attend. In some clinics the doctor or nurse will ask you to attend four separate sessions with your parents to learn more about looking after your diabetes, as well as your usual clinic appointments. In these sessions, you will join up with three or four other young people about your age and their families at the same time. You may need to miss school up to four times. In other clinics you will carry on attending at your usual appointments.

Whichever group you are in a researcher will ask you and your parents some questions about you and your diabetes when you first join the study, and again one, and two years later. They will also ask what you think about the help you have received at the clinic. These will be questionnaires which we will give to you to fill in when you come to your usual clinic appointments.

What are the possible benefits of taking part in the research?

We cannot promise that the study will help you but the information we get from this study might help improve care for children with diabetes in future.

What if there is a problem?

If you are unhappy about anything you can talk to your doctor or nurse, or your mum or dad.

Will anyone else know I am doing this?

Doctors in the clinic and your parents will know you are taking part. But we shall not tell anyone that you are taking part, or anything else about you. We shall not tell anyone what you say to us, but we might have to tell people if you say you are being hurt. We would talk with your first about the best thing to do.

We shall keep information about you in a locked box in our office. We shall not use your name when we write reports or talk about the study.

Contact details

If you would like to know more, please ask Carol Vigurs who can be contacted at 0207 612 6613 or email on c.vigurs@ioe.ac.uk