What Happens After The Research Is Complete?

After a research study is complete, the information collected is analyzed to determine if the clinical or behavioral treatments are safe and of benefit. In the case of clinical trial research, the findings typically lead to further research such as comparing the new drug to commonly used drugs, testing safety and effectiveness in children, etc. In some cases, the drug or device is approved by the Food and Drug Administration which means that it can be prescribed by a doctor for that disease or disorder.

Below are some of the many specialty areas where research is being conducted.

- Addiction Research
- Aging
- Alzheimer's Disease
- Asthma, Allergy, Pulmonary
- Bone Joint Disease
- Brain Function
- Cancer (All types)
- Children's Research
- Dermatology
- Diabetes
- Eye and Vision
- Family Medicine
- Headache
- High Blood Pressure
- Infections Diseases
- Kidney Disease
- Multiple Sclerosis
- Psychiatry
- Radiology
- Rehabilitation Medicine
- Respiratory
- Sleep Disorder
- Sports Medicine
- Surgery
- Tobacco Research and Intervention
- Women's Health

Who Do I Contact For More Information?

If you have any questions about becoming a study participant please contact us at:

Clinical.trials@uvm.edu
(802) 656 – 8990

Or visit us at:
www.med.uvm.edu/octr

The University of Vermont

Fletcher Allen Health Care
In alliance with The University of Vermont

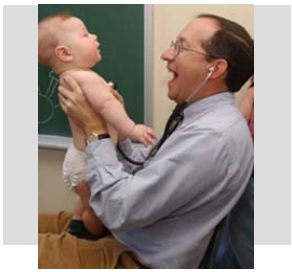
SHOULD I PARTICIPATE IN A RESEARCH STUDY?

What is a Research Study?

A research study involving human participants is defined as an investigation including possible testing, treatment, observation or evaluation that is designed to gain knowledge about a specific disorder or behavior.

One type of research is referred to as "clinical research or clinical trials." Clinical trials test different therapies for prevention or treatment of specific diseases. These therapies include; drugs, medical devices, new approaches to surgery or radiation therapy, or new combinations of treatments.

Each clinical trial is carefully designed to evaluate if these new therapies are safe to give to patients and determine how effective they are in preventing or treating disease. Before a new treatment is approved for general use in the United States, clinical research must be conducted to prove it is safe and effective.



Another type of research is referred to as "behavioral research". Behavioral studies do not typically involve drug or device treatments but involves observation of ones' behavior and ways to modify that behavior. An example would be smoking cessation research.

Research studies may be paid for by pharmaceutical or biotechnology companies, the federal government, or foundations or associations who select physicians that are qualified to conduct clinical trials.

All research studies involving human participants are reviewed by the Institutional Review Board ("IRB"). This board is a committee of local researchers and lay people that volunteer to review human participant research studies performed at our institutions. The purpose of this review is to ensure that the rights and welfare of the subjects who are willing to participate are adequately protected.

Who Can Participate In a Research Study?

Participants can include people with specific disorders or diseases. You should ask your doctor if there are any available research studies for your condition.

There are also multiple research studies ongoing that require otherwise healthy participants. Healthy participants are instrumental in the development of new research findings as well.

Should I Participate in a Research Study?

You can participate in any clinical trial for a number of reasons:

- You have been diagnosed with a disease for which a good treatment doesn't presently exist.
- Gain access to cutting edge therapy and access to specialists.
- To help others, and improve scientific knowledge.

What can I expect if I participate in a research study?

If the study is a clinical trial, you may be approached by your treating physician or be referred to a specialist for discussion of research participation. If the research is behavioral research, you may respond to an advertisement you have seen in the newspaper.

In either case, before your participation begins, the investigator or research staff member will discuss with you, the purpose of the research and why you would be a good candidate. The required procedures, therapies, potential benefits, as well as possible side effects or discomforts will be discussed. In many cases, a decision whether to participate or not is not an urgent one and you are encouraged to think about it and discuss it with family and friends.

Once all of your questions have been answered and you have come to a decision to participate, you will be asked to sign a consent document which outlines what is involved with the study. You are signing to acknowledge that you understand and agree to participate. This type of educational exchange of information is ongoing throughout your participation in the study and is referred to as the informed consent process.

From this point forward, you will be monitored by the investigators who in turn will adhere to the procedures and guidelines within the research study. While following these procedures and guidelines your safety and wellbeing is of the utmost concern.