

What is a clinical trial?

A clinical trial is medical research that involves people. Trials help doctors, and researchers find out whether new medicines, devices, or treatments are safe and work as intended.

Why do people choose to take part?

People take part for many reasons, including:

- Current treatments are not helping enough
- No other funded treatment options are available
- Access to new or emerging therapies
- Wanting to take an active role in their health
- Helping improve care for others in the future

There is no "right" reason - only what feels right for you.

Types of clinical trials

Interventional trials

Test a treatment (medicine, device, or therapy) to see if it helps a condition.

Non-interventional (observational) trials

Do not involve a new treatment. Researchers observe health information to better understand a condition.

Your trial team will explain exactly what type of trial you are being invited to join.

Your responsibilities

If you take part, you'll be asked to:

- Attend scheduled visits
- Follow study instructions
- Update the team about changes to your health, medicines, or circumstances
- Ask questions if anything is unclear



Benefits of taking part

Participants often value:

- Close monitoring and specialist doctor care
- Access to new treatments not widely available
- Learning more about their condition
- Feeling supported and listened to
- Helping improve care for others

Possible risks of taking part

All treatments come with risks, which may include:

- Side effects, including unexpected ones
- The treatment may not help you
- You may be placed in a comparison or placebo group (varies by trial and discussed during consent)

Risks are clearly explained before you decide, and your safety is monitored throughout the study.

Your rights as a participant

You always have the right to:

- Ask questions at any time
- Take time to decide
- Bring whānau/family or support people
- Withdraw at any stage
- Continue receiving your usual medical care
- Have your privacy protected



Participation is voluntary and your information is handled according to local privacy laws.

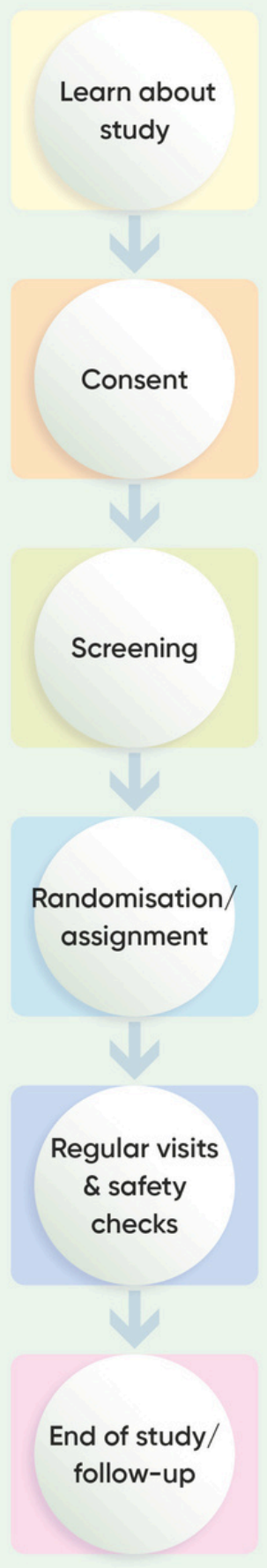
Find a clinical trial

You can:

- Talk with your GP or specialist
- Visit the Recruiting Trials page on our website
- Contact our team - we're happy to talk things through



What happens in a clinical trial?



Future medicine,
delivered locally



Call 09 270 9758
Email info@aotearoatrials.nz
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Future participants

Call: **0800 ENROLL (0800 367 655)**

Text or call: **021 581 805**

Email: participants@aotearoatrials.nz

Website: www.aotearoatrials.nz/participants

