

Real life stories

Jozette, coronary heart disease study participant

"I found my involvement in research both helpful and rewarding.

You know your contributions will help improve conditions for people who go through similar circumstances. I found the research to be helpful with me mentally processing what I had been through."



Peter, prostate cancer study participant

"I'd have no hesitation in recommending research to others, I've been looked after well

and it has been a very positive experience for me."

Primrose, chronic pain study participant

"In order to improve lives and life chances, research is absolutely necessary.

I certainly wouldn't be alive today without medical research and I wouldn't be walking. I support it wholeheartedly, as should others."



Helping you to Be Part of Research

- Learn more about research at: www.nihr.ac.uk/takepart
- Take part in research by asking your doctor, nurse or healthcare professional about studies you can take part in, or search for studies yourself at: www.bepartofresearch.nihr.ac.uk
- Register to get involved in research in Northern Ireland at: www.patientclientcouncil.hscni.net/get-involved



@NIHRtakepart #bepartofresearch



Research and Development

Public Health Agency

12-22 Linenhall Street, Belfast BT2 8BS.

Tel: 0300 555 0114 (local rate).

www.research.hscni.net

Adapted with permission from NIHR (National Institute of Health Research), England



BE PART OF IMPROVING HEALTH AND SOCIAL CARE



BR.PPLEA.0520

#bepartofresearch
www.nihr.ac.uk/takepart



RESEARCH IS HOW WE MAKE HEALTH AND SOCIAL CARE BETTER

This research only happens when people from all over the country, of different ages and backgrounds, take part. Some have health problems but others don't.

Last year, a million participants helped improve healthcare and save lives by taking part in health and social care research.

You can help.

What is research?

Research is needed for all common and rare conditions. It is only through research that we can develop better treatments, as well as improve diagnosis, prevention, care and quality of life for everyone.

There are different types of research and every study is different. Researchers will explain what's involved in their study before you decide if you want to take part.



Other ways to get involved

Research is most likely to benefit everyone if it reflects the needs and views of the public. You could help shape research by:

- Giving your views on what research is important.
- Helping interpret results or making sure reports are understandable.
- Helping researchers design their projects or write clear patient information sheets.
- Telling your friends and family about research opportunities or becoming an ambassador for research.
- Being trained to carry out research (such as interviews).



Why take part?

People enjoy being part of health or social care research for many reasons:

- You could help improve health and social care for others, as well as give hope for future generations.
- You might learn more about your condition.
- Your health may be monitored more regularly.
- If you have an illness or condition, you might be able to try a new treatment or device.
- You will help researchers learn important new information.



Ask your doctor, nurse or healthcare professional about research.

Find a research study at www.bepartofresearch.nihr.ac.uk

Register to get involved in Northern Ireland at www.patientclientcouncil.hscni.net/get-involved