

Interview with German Diabetes Type 2 patients about Willingness to Participate

Interview with Mr R. from Bonn, Germany who took part in a diabetes type 2 clinical trial through the ClinLife Clinical Trial Database

ClinLife: Which clinical trial are you currently taking part in?

Mr R.: I am taking part in a diabetes study that lasts over 10 years. The prerequisite for participation in this study was being newly diagnosed with type 2 diabetes, and as I received this diagnosis during a regular screening and started researching online about treatment I can participate, I found this and decided to participate.

ClinLife: How did you find out about this study?

Mr R.: I came across this study on the internet in advance because I was looking for a treatment option for an acquaintance who actually had been diagnosed with type 1 diabetes. At that time, I was generally researching treatment options for diabetes out of interest and found this study on the internet. I registered there almost immediately after I was diagnosed.

ClinLife: Why did you decide to take part in the study? Why did you consider participating in the study?

Mr R.: One reason is out of scientific interest. I learnt for example that clinical trials make a contribution to medical research from which other people can later benefit. Furthermore, I think that participating gives me the opportunity to be examined and accompanied by a study doctor much more extensively

than otherwise with normal doctors and this was really important for me after I was just diagnosed.

The study is also not really intensive or demanding for my personal situation. I send my results every 3 months and once a year I have a telephone conversation with the study doctor. I also get a 3-day check-up every some years, which is not offered to me otherwise in normal care. If I have any questions or concerns I can also talk to a specialized doctor who works for the study, this is also really easy compared to normal care.

ClinLife: How did you experience your participation in the study?

Mr R.: My study experience thus far is excellent. All the individual steps of the study were well discussed with me in advance and I received information about the study procedure and participation criteria at home. The information is also not too much and I can understand it myself. All additional questions I had were answered comprehensively and this also made me trustful of what would happen. The personal conversations with study doctors at each visit to the study center also help with that.

I also like that I was also able to take advantage of additional services such as nutritional counselling by experts in the study and received information brochures on diabetes and research being done.

ClinLife: Has your attitude towards clinical trials changed with your participation?

Mr R.: I have a very positive attitude towards this topic, both now and before I took part in the study.

ClinLife: Would you recommend other people to take part in clinical trials for diabetes?

Mr R.: Absolutely! I have benefited from taking part in the study personally but I also like that I can contribute to scientific knowledge on this condition and maybe new treatment options. I also think that all the information that was given to me really helped me and I would also tell this to others.

ClinLife: What do you think about the ClinLife study portal?

Mr. R.: I think the possibility of being able to find out about clinical trials about diabetes helped me a lot. Already getting a good understanding of what clinical trials are but also what I can expect from this study before signing up helped me. Also I like that the study center was not far away and that I did not have to travel at those visits.

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