

Shaping Clinical Trial Participation in Type 1 Diabetes

Healthcare Professional Participant Information Sheet

We are inviting healthcare professionals who work with people living with type 1 diabetes (T1D) to share their thoughts, opinions and/or experiences of clinical trials in the UK.

This leaflet outlines who we are, why we are looking into clinical trials in the UK, and how you can help. It is also available online [on our website](#).

Why are we looking at clinical trials from a healthcare professional perspective in the UK?

Clinical trials are vital to advancing new therapies and technologies that can prevent, manage and ultimately cure T1D. We believe that healthcare professionals can, and do, play a crucial role in guiding people living with, and affected by, T1D to appropriate clinical trials, and supporting them throughout the process.

We are seeking insights from healthcare professionals to better understand this role. To do so, we are inviting patient-facing healthcare professionals active in the T1D field to join a dedicated focus group and share their experiences and perspectives.

From these focus groups, we hope to understand:

- Whether you discuss clinical trial participation with people living with T1D.
- What support is already available to help you support people living with T1D who have either participated in a clinical trial or would like to.
- What information or resources you would want to have before talking to someone with T1D about joining a clinical trial.
- What you see as the main barriers to recruiting participants for clinical trials.
- What you believe motivates people to take part in clinical trials.



Who can take part?

To be eligible to take part in the focus group, you must be:

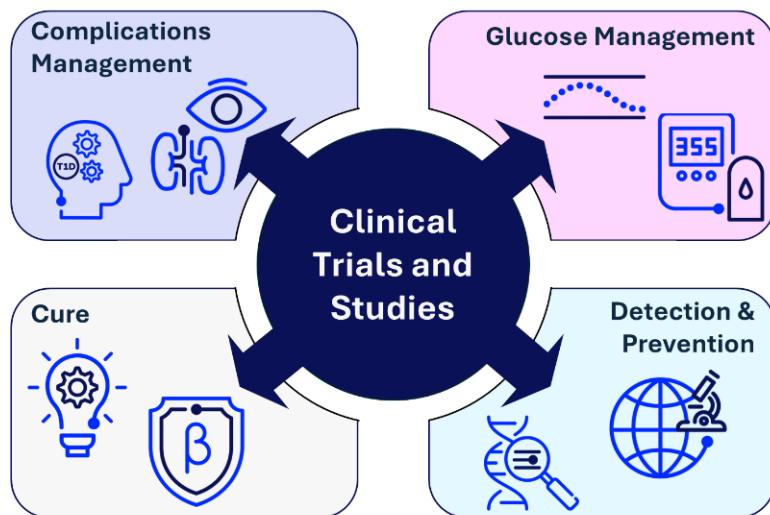
- A primary care healthcare professional* who works with people living with T1D, *or*
- A secondary care healthcare professional* who works with people living with T1D,
- *and* live in England, Scotland, Wales or Northern Ireland.

* Examples of roles include diabetes specialist nurses, dieticians, psychologists, general practitioners, paediatricians, diabetologists etc.

Why should I be involved?

Without clinical trials, we cannot bring new therapies or technologies for T1D to the people who need them. Advances in glucose management such as hybrid closed loop systems, continuous glucose monitors and fast-acting insulins would not have been possible.

Your insight is invaluable in helping us understand and address the barriers to participation. With your support, we can work together to improve T1D clinical trial involvement across the UK.

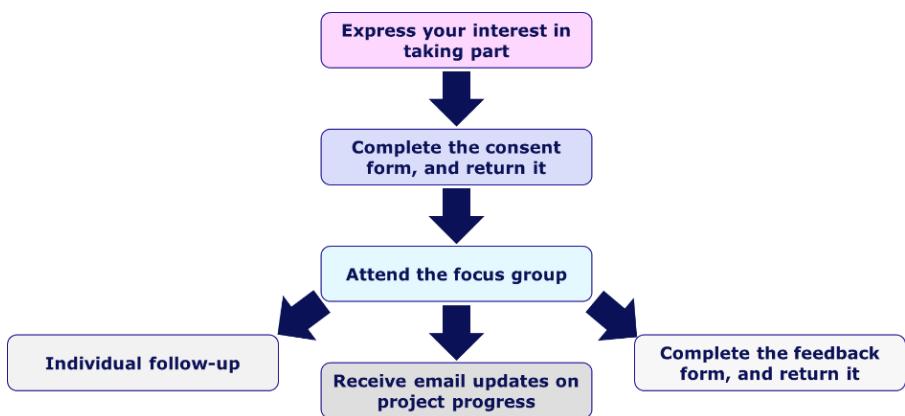


What will I be asked to do?

To express your interest in participating, please complete this [form](#) by 10 January 2026.

The form contains questions about you and your role as a T1D health care professional. It should take approximately 5 minutes to complete. If we receive a lot of responses, we may use your answers as part of a selection process. This is to ensure we gather insights from a diverse group with different experiences.

Before attending a focus group, you will need to complete and return a consent form. The focus group will be a 90-minute, online session with 7-9 other participants. These will take place in January/February 2026 (date to be confirmed based on your availability).



After the focus group has been held, and only if you would like to, you may be:

- Invited back for an individual, one-hour, online discussion. This may occur if we want to hear more about your thoughts and experiences. If this is the case, we will contact you within one week of the date of the focus group.
- Asked to complete a feedback form on the focus group, and the process leading up to it.
- Sent email updates on the progress of this project. A maximum of two emails will be sent per year, until the project finishes.

You can change your mind at any point in this process, and decide not to attend, or participate in, the focus group.

Any questions please feel free to contact researchcommunications@breakthrough1d.org.uk



