

Shaping Clinical Trial Participation in Type 1 Diabetes

Researcher Participant Information Sheet

We are inviting researchers, research-active healthcare professionals and clinical trial staff who are active in the type 1 diabetes (T1D) field 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 researcher perspective in the UK?

Clinical trials are vital to advancing new therapies and technologies that can prevent, manage and ultimately cure T1D. T1D researchers, clinical researchers and clinical trial staff are at the heart of this progress. Your expertise in designing, managing and coordinating trials is indispensable – without your dedication, these studies simply wouldn't happen.

We are seeking insights from professionals at the forefront of T1D research to better understand the factors that influence the delivery of, and recruitment to, clinical trials. If you are actively involved in T1D research, we invite you to share your experience in a dedicated focus group.

From these focus groups, we hope to understand:

- How participants are currently recruited for clinical trials and studies
- The methods used to promote clinical trials and studies
- The key barriers to participant recruitment
- The main motivators that encourage participant recruitment
- The types of support currently available – and what additional support may be needed – for running clinical trials
- What training and/or resources are required to increase the number of professionals involved in clinical research
- Whether challenges and levels of support differ across professional roles.



Who can take part?

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

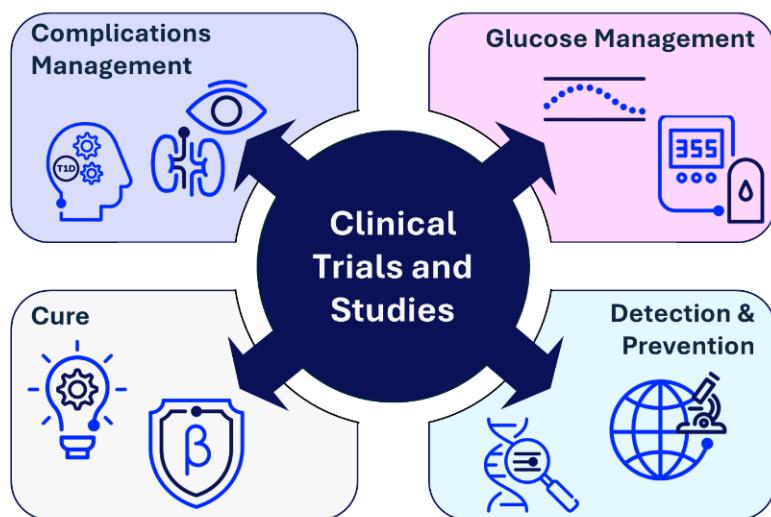
- A scientist (basic or clinical) working in T1D research, *or*
- A research-active healthcare professional working in T1D, *or*
- Clinical trial staff* working in the T1D field,
- *and* live in England, Scotland, Wales or Northern Ireland.

* Examples of roles include research nurses, technical staff, site managers, trial managers, clinical trial specialists, statisticians 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.

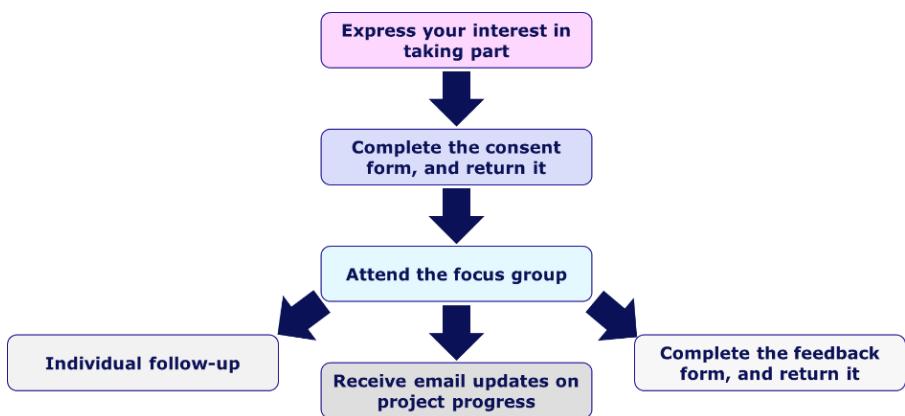


What will I be asked to do?

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



Who We Are

Breakthrough T1D (formerly known as the Juvenile Diabetes Research Foundation, or JDRF) is the leading global type 1 diabetes research and advocacy organisation.

Our mission is to improve lives by accelerating life-changing breakthroughs to treat, prevent and ultimately cure type 1 diabetes and its complications.

Our Values:



Stand as one



Act with purpose



Lead with kindness

This project has been developed by Breakthrough T1D with funding from Vertex Pharmaceuticals and an anonymous donor, who have had no input or control over the contents.

