



# Why participating in research is important

## What does research mean to me?

### Why would I want to participate in a study?

Participating in research can help improve the health of yourself, your loved ones, and your community. It is important for all communities to participate in research so that the entire population is represented in the results. Volunteers can help researchers answer questions about health through studies. Some studies may provide valuable information and resources to participants and other studies may compensate participants for their time through money, gift cards or other ways.



### **Do I have a say in what happens?**

Joining a research study is always voluntary and participants can stop at any time. It is the responsibility of each study to share exactly what will happen during the research. It might include length of time required, tests, surveys, possible risks, where your information will or won't be shared, how information will be used, and if the study subjects will be compensated or not.

### **How will I be protected?**

Today, research studies have safeguards to guarantee safety and protect participants' rights. There are rules to ensure that volunteers freely agree, or give "consent," to participate in any study.<sup>1</sup>

### **How does research help improve health in my community?**

#### **What is community-engaged research?**

Community-engaged research includes local people in the research process, especially people who could benefit from or be affected by the research. The idea is that research teams and communities work together as equal partners to create and carry out studies, analyze data, and share study findings. When there is collaboration between researchers and communities, the research reflects a community's strengths, beliefs, customs, needs, and cultural sensitivities.<sup>2</sup>

### **What are the benefits of community-engaged research?**

When researchers work directly with community members, they learn about community priorities and preferences for participating in and receiving health information. In this way, community-engaged research can help:

- Address health inequities
- Build trust in science
- Improve health knowledge<sup>2</sup>

### **Why does research need to include people of different backgrounds and lived experiences?**

All health treatments of any kind must be proven safe and effective for all, so research studies need to include people from diverse backgrounds and lived experiences. To guarantee that all communities benefit from scientific advances, research must include people with a variety of lived experiences and living conditions, as well as characteristics like race and ethnicity, age, gender, and sexual orientation.<sup>2</sup>

## **About Health Research**

### **What is health research?**

The term "health research," sometimes also called "medical research" or "clinical research," refers to research that is done to learn more about human health. Health research also aims to find better ways to prevent and treat disease. Health research is an important way to help improve the care and treatment of people worldwide.<sup>1</sup>



## What are the different kinds of research?

There are many different kinds of research including Community-Based Participatory Research (CBPR), Behavioral Studies, and Clinical Trials. Clinical trials involve the testing of new drugs and happen in phases from small to large groups of people and with strict rules about how to protect participants.

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### References

1. <https://guides.library.harvard.edu/c.php?g=389023&p=2639516>
2. NIH CEAL <https://nihceal.org/resources>
3. [https://ccphealth.org/wp-content/uploads/2023/06/CCPH-Flipbook\\_v0615.pdf](https://ccphealth.org/wp-content/uploads/2023/06/CCPH-Flipbook_v0615.pdf)

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