

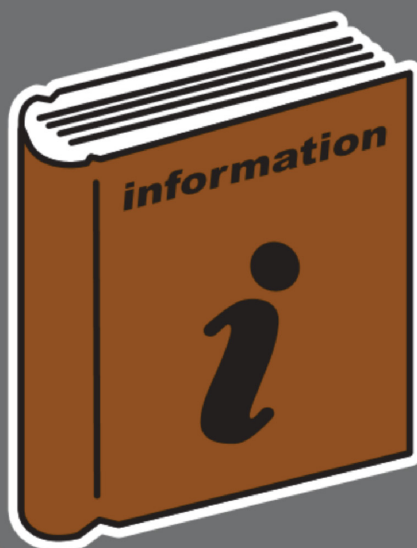


UNIVERSITY OF LEEDS

OK - Diabetes:

Looking after yourself when you
have diabetes

Information book



Information for a person with diabetes
From researchers at the university of leeds.




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You or a person that supports you, has said that we could contact you about some research we are doing at the University of Leeds.



We would like your help with it.



This short book tells you more about the research we are doing

What is research?



Research is when people find out about how something works or how it could work better.

Researchers are people who do research as their job. They often find out things by talking to people.

What is this research about?

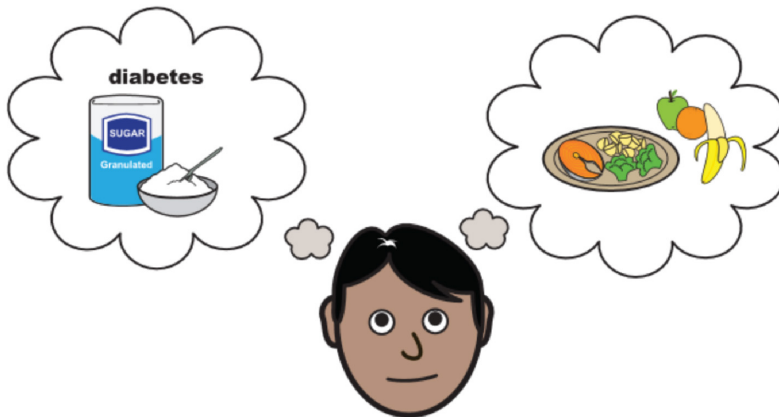
diabetes



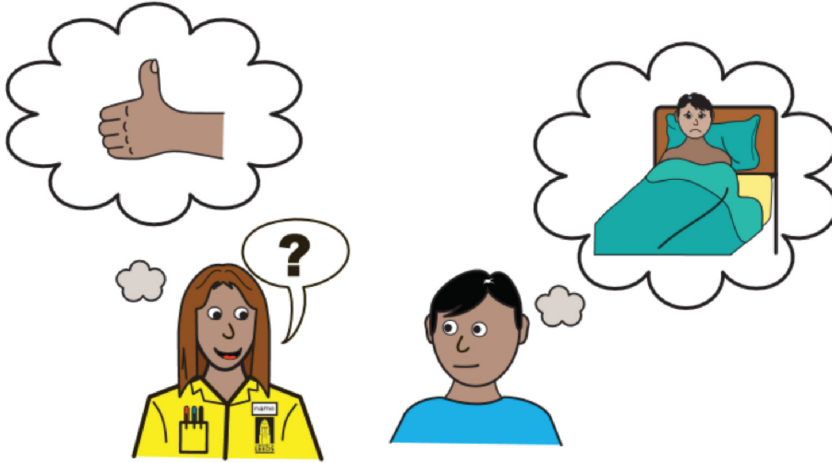
This research is about how people look after themselves when they have diabetes.

Diabetes is an illness that means people have high blood sugar. People with diabetes have to keep healthy and watch what they eat.

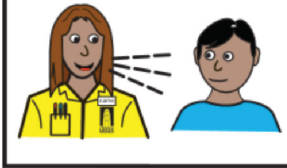
We want to find out about how people stay well with diabetes. We also want to know about people who find it difficult to look after their diabetes and stay well.



We want to ask people who have diabetes and the people who support them what helps them stay well. We also want to ask them about times when they do not feel well.



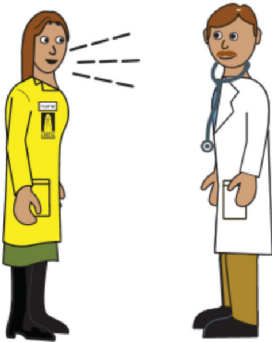
talk to



We are doing this so we can find a way to help other people with diabetes stay well or get better.

We would like to talk to people who have diabetes. We would also like to talk to people who help people who have diabetes - like their friends, family, or supporter.

Why are we doing this research?



Doctors, nurses and other people working in health services want people with diabetes to get the right care.

Amy and Louise are the researchers for this research. They would like to talk to you about your diabetes.



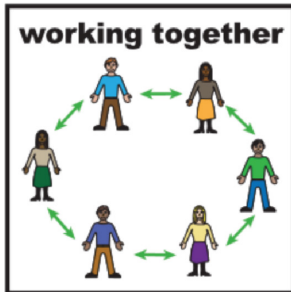
Amy



Louise

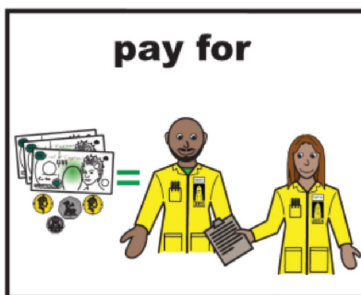


Who is doing this research?



The people doing this research (**Amy, Louise**) are working at the University of Leeds. They are working with staff from the Airedale Bradford and Leeds Wakefield NHS Trusts.

Who is paying for this research?



This research is being paid for by The National Institute for Health Research. The Government gives them money and they have given the money to the University of Leeds to do the research.

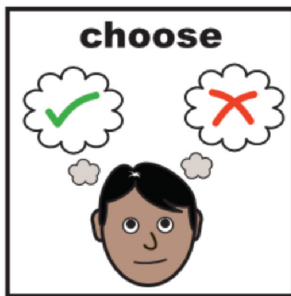
Why does a researcher want to talk to you?



we are asking you because someone like a nurse or a doctor has told us you might like to take part.

They have chosen you because you have diabetes and you may have some other things which you need help with like reading, or writing, or remembering things.

Do you have to take part in this research?"



You can choose 'Yes' or 'No'

It is up to you if you want to take part in the research, or not.

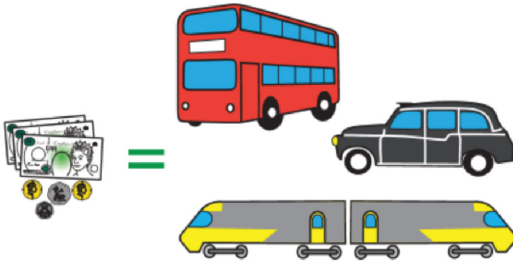


One of us will contact you and ask you if you want to take part. If you asked us to contact a person who helps look after you instead, we will contact them first.

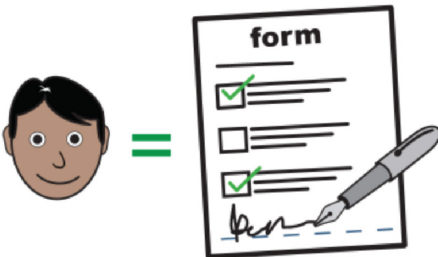
Choosing 'YES'



One of us will come and meet you and a person who supports you if you have one, like a friend or supporter. We will arrange to meet you at a place where you feel okay - at home or at a place that you like. You can choose where.



We can pay travel costs, like bus or taxi fares if you decide you want to meet us somewhere that is not your home. We will not be able to pay you for taking part.



We will ask you to sign a form to say you are happy to talk to us. A copy of this form will be kept by the research team, no one else will see it. We may keep your contact details to contact you again but only if you agree.

We will ask you some questions about these things:



- What you eat



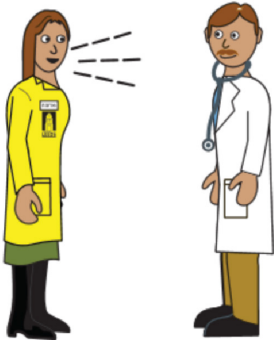
- Keeping active



- Keeping well



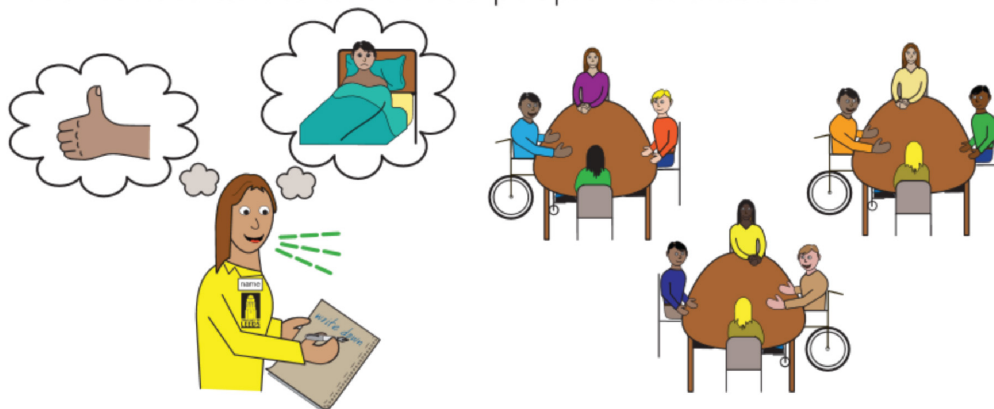
- Times when you don't feel well



We may want to ask your doctor for some information about you and your diabetes. We may want to find out things from your doctor's records (like the results of your last blood test). We will ask if this is okay. You can say 'No'.

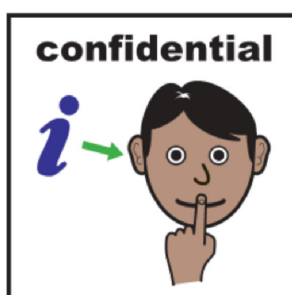
What happens after the researcher has been to see you?

We want to talk to about 350 people with diabetes.



After we have talked to all of these people we will write about what we've been told. We will put the things that you and others tell us together in a report for the people who paid for the research.

Keeping things private (confidential)

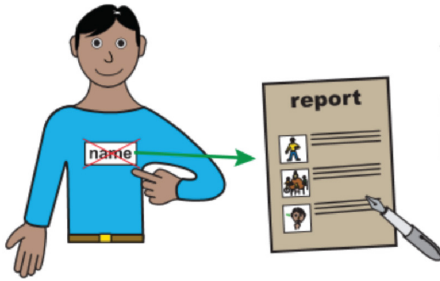


We will write down some things that you tell us. If we show this to other people it will not have your name on it.

We will not tell other people your name.

But if you tell us that you or someone else may be harmed we might have to talk to someone else like your doctor.

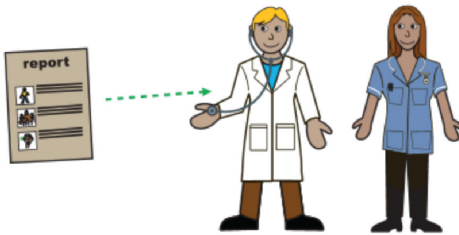
Keeping things private (confidential)



Your name will not be in the report. Only the researchers will know what you said.



We will write about what helps people stay well with diabetes and times when they do not feel well.



The report will be for doctors, nurses, people who work with people with diabetes and for the people who paid for the research.

Changing your mind



Even if you say yes to taking part in this research, you can change your mind at any time. You will still get the same care for your diabetes that you usually do. You have the right to stop talking to the researcher at any point.

Choosing 'NO'

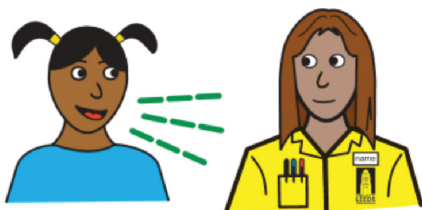


You can decide no.

If you think "No, I don't want to take part" that's okay. You don't need to do anything else. No action is needed. Just tell us 'no' when we contact you.

You will still get the same care for your diabetes you usually do.

What might be some good things about taking part?



Some people like talking about things with other people and find it helps them.



What you say will help people to understand how to stay well when they have diabetes.



We can then use these ideas to help other people to stay well.



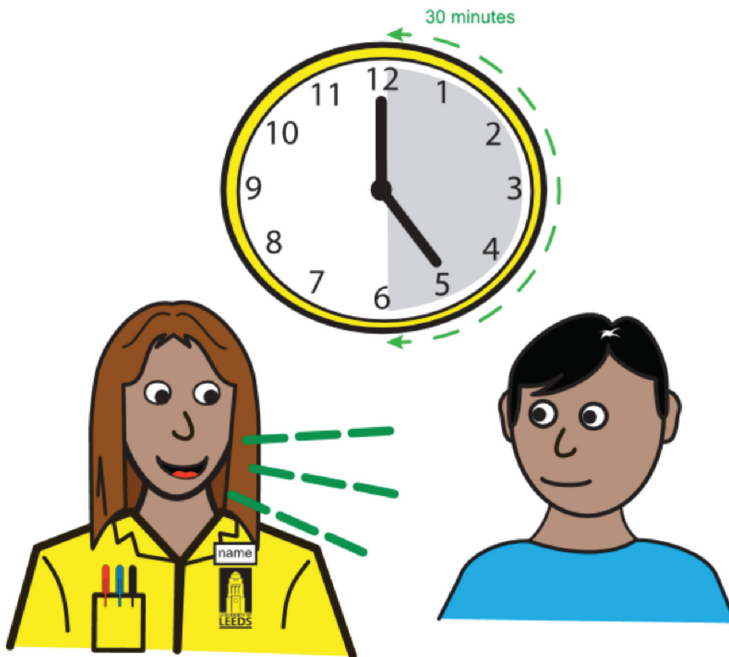
You may be helping other people with diabetes by sharing your ideas with us.

What might be some bad things about taking part?



Some people find talking about things a bit upsetting. If you are upset let one of us know.

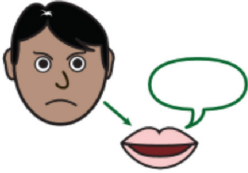
Talking to us will take up around 30 minutes of your time so make sure you are okay with this



contact



complain



Contacting us.

If you want more information before you choose or you want to complain please get in touch with **Allan House** who works at the University and is in charge of this research



Allan House



Phone number



Email



Address

Allan House

Charles Thackrah Building,





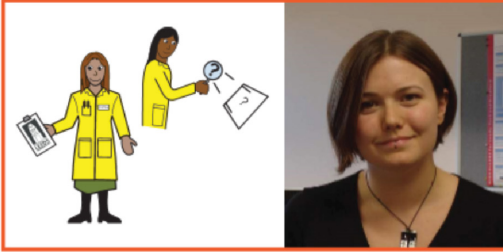
This space is for any notes you want to make or questions you would like to ask

any
questions



Any questions please contact
Amy

Amy M. Russell



Tel: [REDACTED]

Mobile: [REDACTED]



Email: [REDACTED]



Leeds Institute of Health Sciences
University of Leeds



Leeds and York Partnership **NHS**
NHS Foundation Trust



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NHS
*National Institute for
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