



Questions to ask before taking part in a research study

Joining a research study can be a big decision. Before enrolling, volunteers should understand what the study is about, what is involved, and what is expected of them if they decide to participate. This is an important part of providing informed consent to take part in a study. In fact, you **can** and **should** ask questions about participating before joining!

The articles below provide a list of important questions to ask before agreeing to take part in a research study:



IMPORTANT QUESTIONS TO ASK BEFORE PARTICIPATING IN A CLINICAL TRIAL

RESEARCHMATCH



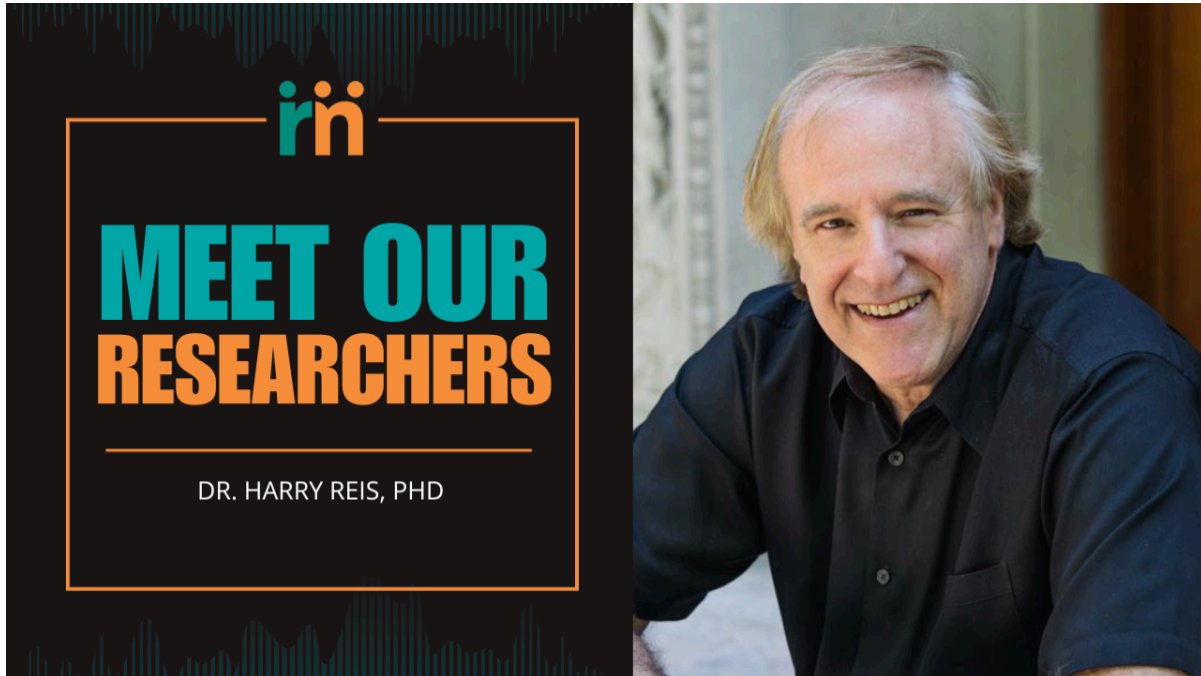
PARTICIPATION IN CLINICAL TRIALS: QUESTIONS TO ASK AND THINGS TO KNOW BEFORE COMMITTING

ANXIETY & DEPRESSION ASSOCIATION OF AMERICA

Meet some of our researchers!

Interested in learning more about the researchers using ResearchMatch to find volunteers for their studies? Meet Dr. Harry Reis, PhD from the Department of Psychology at the

University of Rochester! Click the image below to hear about his research in the field of relationship psychology.



Learn more about some of our other researchers [here](#).

New feature! Research summaries available on ResearchMatch

ResearchMatch recently launched a new feature that leverages ChatGPT to generate easy to understand summaries of research findings! To view, visit the [Study Findings page](#) and click “Show ChatGPT-generated summary” under each research article. These research summaries serve as a supplement to the original abstract currently available on ResearchMatch. We hope these research summaries make it easier to find and understand recent clinical research findings!

Have you ever wondered how your participation impacts others? Below is a list of publications that have been made possible thanks to volunteers like you.

Search findings by **publication**, **study**, or **institution** × **Search**

Late eating is associated with poor glucose tolerance, independent of body weight, fat mass, energy intake and diet composition in prediabetes or early onset type 2 diabetes.

Nutrition & diabetes (2024)

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Abstract Summary: Scientists did a study to see if eating late affects blood sugar levels in people who are a bit heavy and have early signs of diabetes or actual diabetes, but are keeping it under control with diet or medicine. They had 26 people join the study. Some ate most of their food after 5 pm (Later Eaters), and some did not (Early Eaters). They found that the Later Eaters and Early Eaters were similar in size and how much they ate every day, but Later Eaters had more carbs and fats after 5 pm. When they checked their blood sugar levels after drinking a sugary drink, the Later Eaters had higher blood sugar levels, even when the scientists considered their weight, body fat, how much they ate, and what they ate. This was true even for those who didn't have full-blown diabetes yet. The study shows that eating late might make it harder for the body to handle sugar, which is important for everyone to know, especially people who are trying to avoid diabetes or manage it.

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ResearchMatch is funded in part by the National Institutes of Health (NIH) Clinical and Translational Science Award (CTSA) program, grants UL1TR000445 and U24TR001579. The CTSA program is led by the NIH's National Center for Advancing Translational Sciences (NCATS).

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