



## Frequently Asked Questions

### About Taking Part in a Research Study at the NC Research Campus

**Which organizations on campus conduct research studies that depend on volunteers?** Right now, Duke University/MURDOCK Study, the Appalachian State University Human Performance Laboratory, the UNC Chapel Hill Nutrition Research Institute and the Sensory Spectrum Discovery Center are the primary organizations conducting research on campus that depends on volunteer participation.

#### **Are there any geographic limitations?**

For the majority of studies, there are no restrictions or requirements to live in a certain area. Only the MURDOCK Study requires you to live in Cabarrus County or Kannapolis to be part of the community registry.

#### **What is the purpose of these studies?**

The purpose of each study is to advance human health, nutrition and agriculture in some way. Each study has a specific purpose and set of criteria for its volunteers. Studies may be part clinical trials, sponsored research studies, focus groups or consumer opinion panels.

#### **What is a sponsored research study?**

Companies or other institutions collaborate with and even hire research groups at the NC Research Campus to conduct studies for them. The studies can involve any aspect of health and nutrition, but many times, center on the effects of compounds found in fruits and vegetables or the health benefits of foods or beverages.

#### **What are clinical trials?**

Clinical trials are a multi-phase, multi-year process conducted with the oversight of the US Food and Drug Administration (FDA) to prove the safety, efficacy and effectiveness of new treatments or new uses for existing treatments. For more details about clinical studies, visit [www.fda.gov](http://www.fda.gov).

#### **Are these studies safe?**

Clinical trials and sponsored studies undertaken by universities are reviewed and monitored by an Institutional Review Board (IRB). An IRB is a committee appointed by an institution to review research proposals to ensure that people and animals will not be harmed and that all state and federal laws pertaining to research are upheld. IRB's are monitored by the FDA and participants may include scientists, doctors, nurses, pharmacists and community members. Every new treatment or medical device undergoing clinical trials must meet stringent requirements at each phase before being approved by the FDA for use by the public.

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#### **What are focus groups and consumer opinion panels?**

The Sensory Spectrum Discovery Center, one of the campus' partners, is a leader in the field of sensory evaluation. They use a proprietary system to rate the sensory attributes of everything from food to household products to help their clients with research, product development and marketing.

#### **Is there compensation for being part of a study?**

Yes, many studies- but not all of them- compensate their volunteers monetarily or with gift cards.

#### **Why should I be part of a study?**

At the NCRC, being part of a research study helps to advance scientific and medical knowledge surrounding health and nutrition. People who participate may receive insight into ways to improve their own health, and the time they take to be part of a study will certainly help others in need of new ways treat or prevent disease.

#### **How do I know if a study is right for me?**

Before agreeing to be part of a study, talk with the study organizers and ask them questions. Read the eligibility criteria carefully as well as the information on the consent forms that you will have to sign. Talk with your family. Consider consulting a doctor if you are concerned about how participation in a study may affect existing medical conditions.

#### **Where can I find out more information about research studies?**

Informative resources are:

The MURDOCK Study- Clinical Research and You

The National Institutes of Health

The Center for Information and Study on Clinical Research Participation