



MEDICAL  
RESEARCH  
AGENCY



# Questions to help you decide whether to participate in a clinical trial

Information brochure for patients

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## What is an informed decision?



Making an informed decision means that **you have learned as much as you can about the trial** and made the best choice for you.



**Comparing benefits and potential risks** is the most important part of deciding whether to participate in a trial.



Participation in a clinical trial can have an impact on your life. **Do not rush into a decision.**

## Questions to ask yourself:

- Why do I want to take part in a clinical trial?  
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- What would I like to gain from participating in a clinical trial?  
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- Do I know the rights and obligations resulting from my participation in a clinical trial?  
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- Do I have enough time to participate in a trial?  
\_\_\_\_\_
- Will I have to arrange care for a child or family member during my stay at the centre?  
\_\_\_\_\_
- Am I able to take the risks involved in participating in a clinical trial?  
\_\_\_\_\_
- Do I know exactly what my participation in a clinical trial will consist of?  
\_\_\_\_\_
- Is participation in a trial consistent with my values and beliefs?  
\_\_\_\_\_
- Do I have concerns about participating in a clinical trial?  
\_\_\_\_\_
- Did I get all my questions and concerns answered by the physician and the research team?  
\_\_\_\_\_

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## Do you agree with the following statements?

- I know what treatment options for my disease are currently available.
- I know the possible benefits of participating in a clinical trial.
- I know the possible risks of participating in a clinical trial.
- I know the difference between my current treatment and participating in a clinical trial.
- I know all my rights and obligations.
- I know who to report to if I have concerns or questions.
- I am familiar with the different stages of a clinical trial.
- I know what a control group is.
- I know that it is possible to opt out of a clinical trial at any time during the trial.
- I know that participation in a trial (medical appointments, clinical trial procedures, medications) is free of charge.
- I know that I have the option to be reimbursed for travel expenses to the clinical trial centre or other expenses arising from participation in a trial.



**If you haven't checked a box, ask your physician about these issues!**

## Notes:

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*(write down here your concerns that you want to discuss with your physician)*

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## Questions to family, friends and trusted persons:

- Can you accompany me during my appointments to the centre?
- Can you take notes for me during medical appointments?
- Will you be able to give me a ride if I need it?
- Can you help me sort through the information I have obtained?
- What do you think of my participation in a clinical trial?
- What do you think about clinical trials in general?

## What should be done next?



### Organisation

Keep your questions and answers in one place. This can help you feel better prepared to make an informed decision. You can use a notepad, computer or smartphone to record the information you have gained.



### Learn more

If there are additional questions or other things you are not sure about, contact a specialist or someone you trust depending on what your questions, doubts, concerns are about.



### Make a list of pros and cons

Once you have all the information, you can use the list to make an informed decision about whether or not to participate in a clinical trial.



For more reliable and helpful information, see:

[pacjentwbadaniach.abm.gov.pl](http://pacjentwbadaniach.abm.gov.pl)

