

## *Participant Information for children 7-10 years*

### At Risk of Autoimmune Diabetes

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We would like to tell you all about a research study to help you to decide whether you want to be a part of it.

- The ARAD study is for children who may get type 1 diabetes, to stop them feeling very unwell.
- If you decide you would like to help this study, we will ask for a very small blood sample from your finger and a swab sample from inside your cheek.
- We will test the samples in our laboratory.
- We will send the results from the blood sample to you and your family.
- We will be in touch with you and your family each year.

Scan QR Code  
to website



## **What is Type 1 Diabetes?**

- Type 1 diabetes happens when there is not enough insulin in your body.
- Insulin is what our body needs to get energy from the food we eat to give your body energy to run and do the things you want to do. Without insulin, children can become very unwell.
- With your help we want less people to have type 1 diabetes in the future.

## **What is ARAD testing for?**

- ARAD is testing children and adults to see if they might develop type 1 diabetes.
- We are looking for autoantibodies which are protein markers found in the blood.
- We would also like to test samples of your urine (wee) and stool (poo) to look for other clues that may help us understand what is happening in the body.

## **What would I need to do in the ARAD Study?**

- We would like to look at your blood when you join and then repeat once a year.
- We can send you a kit in the post for collecting blood from your finger at home. Your family can help you do this, and your finger will only be sore for a moment.
- We will ask your parent/guardian for some details about you, such as your name and age.
- We will also ask you to collect urine and stool samples, but you can say no to giving samples at any time.

## **Why is ARAD important?**

- We want to help children who may get type 1 diabetes early before they become too unwell.
- Taking part in ARAD means you are helping us find out why people get type 1 diabetes and how we can stop it happening.

## **How to find out more information about the ARAD Study?**

Take a look at our website for further information:

<https://arad.bristol.ac.uk/>

**We are happy to answer any questions you may have.**

**Ask your parent/guardian to email the ARAD Study Team:**

[ARAD-study@bristol.ac.uk](mailto:ARAD-study@bristol.ac.uk)



**Thank you for reading about the ARAD study!**

**ASSENT (optional) FOR CHILDREN 7-10 YEARS**

❖ I know that I do not have to take part.

YES

NO

❖ I know that I will be giving blood, urine, a swab from inside my cheek and stool samples.

YES

NO

❖ I would like to take part in this study.

YES

NO

Your name: \_\_\_\_\_

The date you were born: \_\_\_\_\_

Your signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_