

## What's in it for Me?

Here is some info to help you learn about healthy participants in clinical trials. [You can learn more about clinical trials at healthforallproject.org](http://healthforallproject.org).

### **Basic Info**

#### **What is clinical research?**

The study of health and disease in humans. We need to do clinical research to improve health care. This includes screening, preventing, and treating disease.

#### **What is a clinical trial?**

A study that tests the effects of medical treatments and procedures. Researchers need people to volunteer so we can improve health care.

#### **Who takes part in clinical trials?**

A lot of people take part in clinical trials. It's important for clinical trials to include people from all walks of life. This way, new tools and new treatments can work better for all people.

### **Why do clinical trials need healthy participants?**

Healthy participants help us learn more about what works and what doesn't work in medicine. Medical breakthroughs would not happen without healthy participants.

- Some studies test out a new diagnosis tool. Healthy participants help define what a typical result is.
- Some studies test a disease treatment. Healthy participants help researchers learn more about the treatment process.

- Researchers often compare people with illness to healthy participants. This helps researchers know more about the exact effects of a new treatment or tool.

## **If I'm healthy, why would I want to take part in a clinical trial?**

Each study and each person's experience is unique. But there are some common reasons that healthy participants are interested in clinical trials:

- Some people have a personal link to the research. They might know someone with an illness they want to help cure. They might be part of a community that gets a certain illness more than others.
- Many clinical trials compensate or pay participants.
- Medical staff track participants in some clinical trials. Many healthy participants like getting extra medical attention.
- Many healthy participants like to know that they're helping other people. Their participation helps find new cures and tools so all people can be healthier.

## **How do I join a clinical trial?**

- [You can join a research registry at ResearchMatch.](#)
  - The National Institutes of Health funds ResearchMatch. Its goal is to link researchers and participants. You answer questions about yourself and a researcher might reach out to you if their study seems like a good fit.
- [You can volunteer for the All of Us program.](#)
  - All of Us is a research program to speed up health research. It is not a clinical trial, but it will help make medicine more precise. You can share your health information with All of Us over time.

This will help researchers learn more about how to treat and prevent disease.

- [You can search for studies on ClinicalTrials.gov](#)
  - You can search for “healthy” in study titles.
  - You can filter results for “Accepts healthy volunteers”.

## **Notes on this document**

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We offer information to help people learn more about clinical trials. We do not mean this document to be a complete guide. We also do not mean to provide any medical advice in this document. Seek help from a medical professional for any medical questions.

The Health for All team used information from two National Institutes of Health (NIH) sources to make this document. The first is ["Healthy Volunteers," a page on the NIH Clinical Center website](#). The second is ["NIH Clinical Research Trials and You: The Basics"](#). The Health for All team accessed those webpages on May 24, 2018 to make this document. We last updated this document on May 24, 2018. See the full details on our sources below.

### **Sources**

NIH Clinical Center. "Healthy volunteers". *Clinicalcenter.NIH.gov* National Institutes of Health, last updated 27 March, 2018. Web. Accessed May 24, 2018. [<https://clinicalcenter.nih.gov/recruit/volunteers.html>]

National Institutes of Health. "NIH Clinical Research Trials and You: The Basics". *Clinicalcenter.NIH.gov* National Institutes of Health, last updated 20 October, 2017. Web. Accessed May 24, 2018. [<https://www.nih.gov/health-information/nih-clinical-research-trials-you/basics>]