

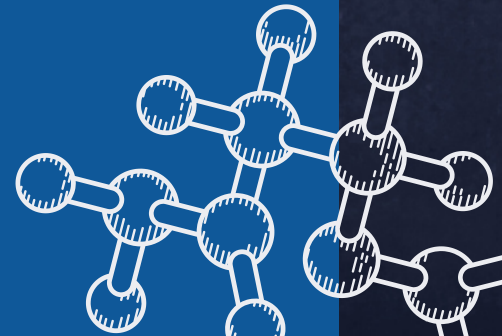
# CLINICAL TRIALS 101



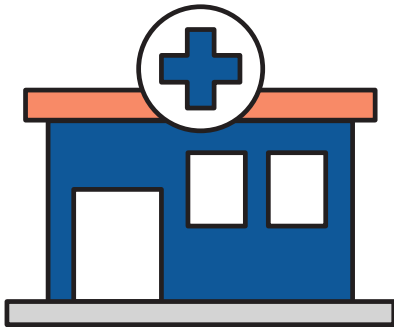
## A Guide for Kids

### WHAT IS A CLINICAL TRIAL?

A clinical trial is like a special test to see if new treatments for a health condition or problem really work. People who have the health condition help by trying out the new treatment and telling doctors what happens. This helps make sure the treatment is safe and works well before it's given to everyone.



# TYPES OF CLINICAL TRIALS



## Traditional Clinical Trials

- These happen in one place, like a hospital or clinic.
- You go there for check-ups and treatments.
- People can only join these trials if they live nearby.



## Decentralized Clinical Trials

- These are mostly done from home.
- You can talk to doctors using a computer or phone.
- Sometimes, they send you medicine at home or a nurse visits you.
- Good for people who can't go to the hospital or clinic.



## Hybrid Clinical Trials

- These have some parts at home and some parts at a hospital or clinic.
- You might go to the hospital at first but then talk to doctors online after that.
- Gives you more choices.

## Observational Trials

These trials watch and record how your body already works without using new treatments.

It helps doctors learn more about a health problem.

## Interventional Trials

These trials test new treatments like medicines or devices to see if they work.

# PHASES OF CLINICAL TRIALS



## Pre-Clinical Testing

The treatment is tested on cells or animals to make sure it's safe.



## Phase 1

Healthy people try the treatment to see if it's safe.



## Phase 2

- A few people with the health condition try the treatment.
- Doctors check to see if it's safe and if it helps.



## Phase 3

- Lots of people with the condition try the treatment.
- Doctors see if it works for many people.



## Phase 4

After the treatment is approved, they watch it for a long time to make sure it's still safe.

# BENEFITS OF PARTICIPATING IN CLINICAL TRIALS

- You might get new treatments for free.
- You could avoid more painful treatments.
- You're helping doctors learn to help others who are sick.



## THINGS TO THINK ABOUT

- Ask what will happen in the trial and how long it will last.
- Check if you have any other health problems that might stop you from joining.
- Be ready to spend time and effort on the trial.
- Think about your age, other medicines, and risks.
- Talk to your regular doctor about the trial.
- Be prepared for any side effects.
- Ask about any costs.
- Sometimes, you might not get the new treatment and you may get a different treatment so that doctors can compare the results.
- You might need to stop your regular medicine for a while.

## WAYS TO JOIN A CLINICAL TRIAL

- Check websites like [uspainfoundation.org/pain/research](https://uspainfoundation.org/pain/research) or [clinicaltrials.gov](https://clinicaltrials.gov).
- Ask your doctor if they know about any trials near you.
- Some patient groups help you find trials. Ask them if they can help you.

Remember, joining a clinical trial is a big decision, so talk to your parents and doctors to make sure it's right for you. It's like being a superhero in the fight against sickness!

[uspainfoundation.org/pain/research](https://uspainfoundation.org/pain/research)

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