

How can I get involved?

You can get involved by:

- Asking your doctor about taking part in clinical research.
- You can ask them if taking part in clinical research would be a good thing for you.
- Telling us that you have asked and telling us what happened.



You can get in touch with us by:

- Visiting our website www.nihr.ac.uk/oktoask
- Following us on Twitter:
[OfficialNIHR](#) or using the [#NIHRoktoask](#)
- Liking our Facebook page:
[facebook.com/NIHRoktoask](https://www.facebook.com/NIHRoktoask)
- Emailing us: oktoask@nihr.ac.uk

Thanks for Mencap's support in producing this leaflet

NHS

National Institute for Health Research



What is OK to ask?

Ok to ask is a campaign to get more people to take part in clinical research.

What is clinical research?

Clinical research tries to find out more about illness and people's health.

Clinical research can help find the best type of treatment for a disease or illness.

A treatment might be:

- Medicine
- Surgery
- Talking therapy



What will happen if I take part in clinical research?

Taking part in clinical research might mean more visits to the doctor or to the hospital.

Taking part in clinical research might mean doing more tests with your doctor.

Your doctor can tell you more about what it might be like.



Why take part in clinical research?

Clinical research helps us find the best ways to make people's health better.

If you take part in clinical research it could help doctors to find new treatments.

This could help other people have better health.



Do I have to take part?

It is up to you if you want to take part in clinical research.

Speaking to someone in your family or someone who supports you can help you to make a decision.

You should only take part if you want to. You can stop taking part whenever you want.

