



PARTICIPANT INFORMATION SHEET

WHAT IS RESEARCH?

Research is about finding out. In medical research scientists and doctors carry out experiments to find out more about illnesses, and to develop better treatments. These experiments are called clinical trials.

We want to find out if a medicine called metformin can stop diabetes developing in young people like you. Metformin is a medicine that has been used for many years in adult diabetes, but it has never been tested in children at risk of developing diabetes.

WHY ARE WE CONDUCTING THIS TRIAL?

At present, there is no treatment that can prevent type 1 diabetes. We know that more children each year are developing the disorder, and want to find a way to stop this trend.

In this research project we want to find out if we can prevent children at high risk of developing type 1 diabetes from needing insulin, by treating them with a medicine called metformin. We think metformin will help children at risk of developing type 1 diabetes because it will stop their insulin cells from working too hard, which could then protect them from the damage that would eventually lead to the children needing to inject insulin.

WHY HAVE I BEEN ASKED TO TAKE PART?

You have been asked to take part because your blood test was positive for diabetes antibodies. Testing positive does not mean you will get type 1 diabetes but it means you have greater risk than if you tested negative.

We are asking all children and young people who have a positive test result to take part in this part of the study

DO I HAVE TO TAKE PART?

No. It is up to you.

- Your study doctor will ask you if you want to take part.
- Your parents/guardian will be asked if they agree.
- You can stop at any time without giving a reason.



WHAT WILL HAPPEN TO ME IF I TAKE PART IN THE RESEARCH?

If you say 'yes' to taking part we will ask you to come to the hospital to have some study tests done. This could be 10 times over three years. The table below shows you when you will be asked to come to the hospital, and what will happen at each visit. All visits are virtually the same. The study is made up of three stages, and we are concerned with Stages 1 and 2 here. Stage 1 will occupy the first four months, with Stage 2 taking place over 36 months. We will arrange visits that are suitable to you and your family.

TREATMENT PROGRAMME FOR STAGES 1 AND 2

Activity	 Month 0 ¹	 Month 1	 Months 1 ¹ , 2 & 3 (phone)	 Months 4, 8, 12, 18, 24, 30, 36 ²	 Withdrawal Visit ³
General Health & Medication Questions	X	X	X	X	X
Blood samples	X	X		X	X
Urine Pregnancy Test (if required)	X	X		X	X
Measure height, weight and waist	X			X	X
Sweet drink test (MMTT) – 5 small blood samples over 2 hours	X	X		X	X
Medicine Group Allocation	X				
Collect study medication	X	X		X	
Return all study medication bottles (use/unused)				X	X

¹ Telephone calls to discuss medication.

² The study nurse will call you every 3 months or so to check on how you are feeling. You can call the study team at any time during the study.

³ Withdrawal visit will be performed if you agree.

If you take part in adAPT, you will be assigned to either metformin or a placebo (dummy) liquid medicine twice a day. Which treatment you are on is decided by a computer randomisation programme, rather like tossing a coin. You won't know which medicine you will be taking, nor will your parents or the research nurse and doctor.

This is essential so that we can know for certain whether or not the treatment really does have an effect.

The dose of medicine you will be asked to take will be calculated at each study visit from your weight. Your height and waist measurements will also be taken.

We will ask you to not to eat anything from bedtime the night before the test, but you can drink water. These visits will be in the morning. We will give you a drink resembling a milk shake soon after you arrive. The drink is part of the test, but we will also give something to eat before you leave.

We will ask some questions about your health and any medicines you may be taking. We are concerned with your safety, and need to check that adAPT will suit you. During the study anything that changes with your health or other medicines you take will be noted. To help, we will give you a diary so that you or your parents can record any change between study visits.

We take some blood samples as part of the study tests. We numb your skin with spray or cream before inserting a small flexible plastic tube using a needle (cannula) in your arm vein. You should only feel a small scratch and light pressure.

The sugary drink test called a Mixed Meal Tolerance Test (MMTT) to measure how much insulin your body produces. You will have a sweet tasting drink then we will take five small blood samples over two hours. The blood samples will be taken using the small cannula in your arm. After the test is finished this tube will be removed.

We should have your blood results from the hospital laboratory by the end of your first visit (Month 0) and, all being well, we will give you your study medication to take home for the first month.

WHAT SHOULD I KNOW ABOUT THE STUDY MEDICINE?

All medicines can make some people feel unwell, but this is not usually a problem with metformin. The most common effects are feeling sick, mild tummy ache, loss of appetite or diarrhoea. If you feel unwell at all, it is important you let your parent/guardian and the study team know. To reduce the chance of side-effects, which are usually temporary if they occur at all, you will be given half the normal dose of the medicine so that your body can get used to it. We will increase the dose to the normal dose after the first month. We will keep a close eye on you to make sure you are feeling well and managing to take the medicine.

You and your parent(s) will be given instructions on how to take the medicine. It will be taken once a day for the first two weeks, then twice a day, with food, normally at breakfast and evening meal.

We will tell you and your parents how to contact the study team if you have any questions, or if you have anything you want us to know.

It is common practice in clinical trials using a medicine to ask girls whose periods have started to take a pregnancy test before and during the study. All girls in adAPT who



have started menstruating will have a routine urine pregnancy test done before they start study medication, and at all study visits.

There is currently no evidence of harmful effects of metformin in pregnancy, but there is no specific evidence in the age group taking part in the adAPT study. If you are capable of becoming pregnant you will need to use an effective form of contraception until the end of the study. More information can be provided by your family doctor or a contraceptive advice service.

If you become pregnant while taking part in the study, you must tell your study doctor immediately and you will be withdrawn from the study.

WILL JOINING IN THE PROJECT HELP ME?

We cannot promise the study will help you, because we won't know the results of the trial until it is complete. However, if the medicine works, it will delay or prevent the onset of diabetes. Whatever the result, the information we get from the study will help other children and young people who are at risk of developing diabetes in the future.

WILL I TAKE THE MEDICINE AFTER THE STUDY FINISHES?

You will not be given metformin by the study team after you have finished taking part, but your GP may well be able to prescribe it if the study works.

WILL I BE TOLD THE RESULTS OF THE STUDY?

The adAPT study will take five years to complete. The results will be posted on the study website and published in scientific magazines. We will send you a summary of the study results and let you know if you are taking metformin or placebo, but we will not be able to let you know this until after the last child has finished in the study.

WHAT IF SOMETHING GOES WRONG DURING THE PROJECT?

If problems of any kind occur, your study doctor or research nurse will discuss them with you and your parent/guardian to decide what to do next. Keeping you safe and well is a priority.

WILL MY INFORMATION BE KEPT CONFIDENTIAL IF I TAKE PART?

Your blood samples are anonymised, and will be sent to laboratories to be tested. There may be small amounts of blood left over after the tests have been done. We will ask you if you agree to us keeping it and using it for future research.

WILL ANYONE ELSE KNOW I'M DOING THIS?

Your study doctors and nurses will know you are taking part. If you and your parents agree, we will also let your GP know. The University responsible for the research needs to make sure the research is done properly. This means that specially trained people may look at your study and hospital notes, but all your information is kept private.



WHAT IF I DO NOT WANT TO DO THE RESEARCH ANYMORE?

If at any time you don't want to take part in the research anymore, just tell your parents, doctor or research nurse. They will not be annoyed with you, and won't have to give a reason. If you do decide to drop out of the study we will ask if you are happy that keep any information we have already collected to use for the study results.

WILL I RECEIVE PAYMENT FOR TAKING PART?

No, you will not receive money for taking part, but we can pay for you and your family to travel to the hospital for your study visits. We will also give you a choice of gift vouchers during the study to say thank you for taking part, and they will range from £10 to £15. These can be used on-line or in high-street shops.

DID ANYONE ELSE CHECK THE STUDY IS SAFE?

All research in the UK is checked by a group of people called an Ethics Committee. They make sure that the research is safe and appropriate. This project has been checked and approved by the East of Scotland Research Ethics Committee 1.

FURTHER INFORMATION

Please go to the study website at www.adaptdiabetes.org

Chief Investigator: Professor Terry Wilkin
Contact details: 07712 184547

Trial Manager: Dr Roberta Littleford
Contact Details: 01382 383991

Thank you for taking the time to read this information sheet, and for thinking about taking part.

