

Reflections on involvement in clinician-led research: Qualitative interviews with research participants and advisors

The aim of this study was to explore individuals' experiences of being involved in health research. We interviewed 21 people from across the UK. Key impacts for these individuals were described as:



Personal impacts for participants or public advisors

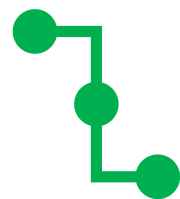
- Being able to help future patients or the public, and giving back to the clinical team.
- Developing networks, and opportunities to hear about other experiences.
- Building knowledge about specific health conditions and/or health in general.
- Becoming more confident in other settings, including health, care, and education.

Interviewees provided the following advice for health researchers:



Optimising research involvement

- Health research should create new and useful knowledge that is shared with clinicians, researchers, participants and the public.
- Research teams should value every individual's contribution.
- Ensure flexibility. Outline the activities involved and use simple documentation.
- Participation is rarely financially driven, but reimbursement of expenses or time shows value and may support diversity.



Connecting health research with healthcare

- Research involvement should build relationships based on mutual respect.
- Frontline clinical staff are well placed to identify areas for research and should be supported with this.
- Researchers need to improve communication between research teams, clinicians and participants; they should provide summaries of their results and future plans.



Capturing research impacts

- Researchers need to consider financial impacts, but this should not be the sole focus.
- Real-world impacts are important, including better outcomes for patients or service users, sharing research findings and creating beneficial changes in practice.

Thank you to the 21 volunteers who gave up their time to talk about their experiences, and to the research teams who helped advertise this study. We are very grateful for your contributions.

What next?

We plan to share our study results: i) as a free-to-access article in a healthcare journal, ii) through local and national presentations, and iii) by developing a framework for clinician-researchers to guide research design, reporting and feedback.

If you have any questions or would like any additional information, please contact Lisa on l.newington@imperial.ac.uk



Thank you!