

## Information sheet for children aged 6-11 years

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**This leaflet tells you about the ASYMPTOMATIC study.**

**This is a study about treating asthma in children.**

**You and your parents might like to join in this study. This leaflet will help you decide.**

### Why are we doing the ASYMPTOMATIC study?

**We are doing a study to find out the best way for children with asthma to take their corticosteroid inhalers.**

You have two inhalers for your asthma.



**One is blue.**

You use this one when your asthma makes it hard to breathe.



**One is brown or orange.**

You use this one to stop your asthma from being bad. This is called a **"corticosteroid inhaler"**.

Doctors usually tell children with asthma to use their steroid inhaler every day.

We don't know if all children need to do this.

**We want to find out if children can take their corticosteroid inhaler only when their asthma is bad, instead of every day.**

### Why have you asked me?

We have asked you if you'd like to take part because you have asthma that your doctor thinks is not causing you much trouble at the moment.

## If I take part, what will I have to do?

In our study, we will split children with asthma into two groups.

### Group 1

Children will take their corticosteroid inhaler every day.

### Group 2

Children will take their corticosteroid inhaler only when their asthma is bad.

In both groups we will see how many children have asthma attacks.

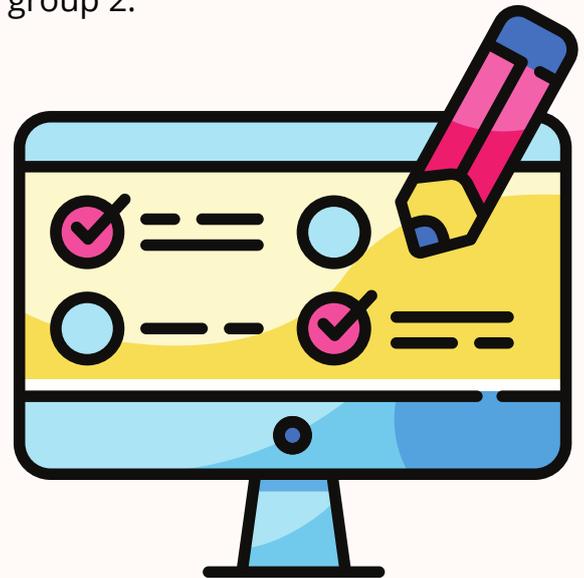
You, your parents or your doctor, won't be able to choose which group you are in. Instead a computer programme chooses. This makes sure that there is a mix of different people in each group. You have the same chance of being in group 1 or group 2.

If you take part you will be in the study for **one year**.

As well as taking your inhaler, as your doctor has asked you to, we will ask you to help your parents fill in some questions about how you are getting on. You could fill these in by yourself if you want to. We will send the questions to your parents four times by email.

Each time it should take no more than 20 minutes to give your answers. We will send you a £5 gift voucher, by email to your parents, each time there are questionnaires to complete.

You will not need to do anything else. You can carry on doing everything as you normally would. This includes going to school or clubs, seeing your friends, and doing activities at home.



15 min



20 min



20 min



20 min

	Baseline	4 months	8 months	12 months
Number of questionnaires to fill in.	2	3	3	3
Gift voucher for filling in all questionnaires	£5	£5	£5	£5

## Do I have to take part?

You don't have to say yes. No one, including your parents or doctor, will be upset if you don't want to take part.

If you take part and later change your mind, that's OK too. You don't have to tell us why you changed your mind.

## Are there any risks to taking part?

The main risk is that we do not yet know if taking your inhaler only on days when your asthma is bad has any effect on the number of asthma attacks that you have.

Your doctor will be able to change your treatment if your asthma is bad.

## Will taking part help me?

We cannot promise the study will help you.

But, we hope that doctors will use the results of the study to help them decide how children with asthma should take their steroid inhaler. This might help other children with asthma, in the future.

## Who checked that the study was ok to do?

The ASYMPTOMATIC study has been checked by a group of people called a Research Ethics Committee.

They are not part of the study but make sure that the research is fair and safe to do.

## Who is leading the study?

Lots of people are involved in the study including your GP.

There are also other doctors and scientists who will help to run the study and look at the results. You will not have to meet them and they will only see information that doesn't have your name on.



The main doctor is called Ian. He is a doctor who treats lots of children with asthma.



He works in a city called Liverpool, in a hospital called Alder Hey. It is a hospital that only looks after children.

In the team doing the study there are also some children with asthma and their parents. They are helping us with the study and making sure we are doing the study right.

## What do I do if I have questions?

Please talk to your parents about any questions you might have, they can also arrange to talk to your doctor if they need to.

Thank you for reading this leaflet about the ASYMPTOMATIC study.