

## Information sheet for young people aged 12-15 years

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

**This is a study about treating asthma in young people.**

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

**Why are we doing the ASYMPTOMATIC study?**



**A research study is what doctors do when they want to learn about something or find out something new.**

**We are doing a study to find out the best way for young people 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 young people with asthma to use their corticosteroid inhaler every day.

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

**We want to find out if young people, with asthma, 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 which your doctor thinks is not causing you much trouble.

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

**In our study, we will split young people with asthma into two groups.**

### Group 1

**Young people will take their corticosteroid inhaler every day.**

### Group 2

**Young people will take their corticosteroid inhaler only when their asthma is bad.**

**In both groups we will see how many young people 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.

**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.

These will ask you things like how your asthma has been, how you are feeling and about how often you use your inhaler. You can fill these questions in by yourself if you want to.

The answers to the questions will only be used by the research team and we will not share them with your doctor. We will send the questions to your parents when you join the study and then three more times, at 4 months, 8 months and one year after you've joined. The questions will be sent by a link in an email and you can complete them on a tablet or a computer.

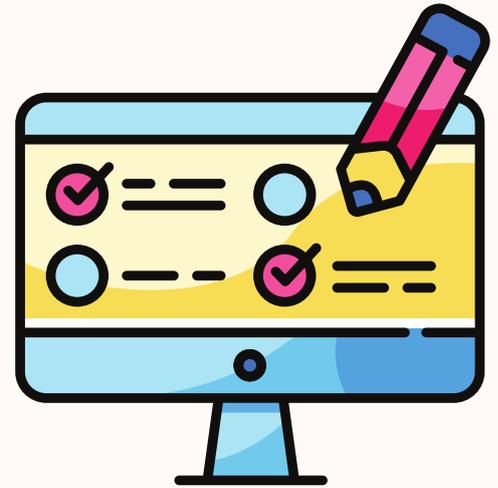
Each time it should take no more than 20 minutes to give your answers.

We will send you a £5 gift voucher, by email to your parents, each time there are questionnaires to complete.

## 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.



	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

**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.**

## 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 young people with asthma should take their **corticosteroid** inhaler. This might help other young people with asthma, in the future.



## 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.



## 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 will you share my information with?

We will make sure that your information is correct and that it is shared in a way that only those who need it to answer the study question will have access to it. All information about you will be kept secure and confidential.

## 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 Sinha. He is a doctor who treats lots of children and young people with asthma.



He works in Alder Hey Children's Hospital in Liverpool.

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

## 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.

## What do I do if I want to take part?

Talk to your parents and they will arrange an appointment with your doctor.

Your doctor will talk to you and your parents about what happens next.

**Thank you for reading this leaflet about the ASYMPTOMATIC study.**