



**IBD
BOOST**

Living well with
Crohn's & Colitis

THE IBD-BOOST TRIAL

KING'S
College
LONDON

We invite you to take part in this research trial. Before you decide, it is important that you know why we are doing the trial and what is involved. Please read the following information carefully and click the link to further information if you want it.

Why are we doing this trial?

When you completed the IBD-BOOST Survey you indicated that you have one or more symptoms of fatigue, urgency and/or pain and would be interested in receiving support. This trial is testing whether an online self-management programme can improve your symptoms and quality of life. **Please note that if since completing the IBD-BOOST Survey your symptoms have significantly improved and are no longer impacting you, the IBD-BOOST Trial may not be suitable for you- if in doubt please contact the Trial team.**

If I take part what will happen?

We will ask you to complete an online consent form. Then you will complete online questionnaires. If you haven't already provided a stool (poo) sample in our IBD-BOOST Optimise study, we will send a stool sample kit to you in the post. Full instructions and contact details are included in the kit, in case you are unsure of anything. The sample will help check whether you are currently experiencing inflammation.

An automated computer system will then put you into one of two groups by chance (randomly):

One group will receive a password to access an online self-management programme. It has 11 sessions, depending on your symptoms and can be completed over a few weeks or up to 6 months. The sessions can be done at any time, with some exercises in between, and should take a total of 1-2 hours per week. You will also have a professional facilitator who can give you online or telephone support.

The other group will not have access to the online programme until 12 months later.

We will ask both groups to complete the questionnaires again 6 and 12 months later and you will receive a £5 gift voucher each time. 12 months after taking part, BOTH groups will have open access to the website but without facilitator support.

What if there is a problem?

It is unlikely that participating in this trial would cause you any harm. However, if you have any concerns or a complaint you can contact the IBD-BOOST Research Team on 020 7848 3318 and ibd-boost@kcl.ac.uk.

Will my information be kept confidential?

We will keep your information confidential and secure. At the end of the study, the information you give us will be securely stored by London North West University Healthcare NHS Trust for 10 years. You can find out more about how we use your information at <https://www.lnwh.nhs.uk/privacy>.

You do not have to take part in this trial, and if you do, you can withdraw at any time without giving a reason.

Further information is available here <https://www.kcl.ac.uk/nmpc/assets/boost-trial-pil.pdf>

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APPENDIX 6 IBD-BOOST TRIAL: Participant Information Sheet (Short)

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