

Getting Involved in Research



Thinking about getting involved in research?

Benefits:

- Advance prevention, treatments and a cure.
- Access potential new treatments.
- Learn more about your own health.

Considerations:

- Participation may involve frequent visits or tests.
- Medications or daily routines may need to change.
- Experimental treatments may have risks or side effects.
- You may not benefit directly but your involvement can help future discoveries.

Research is key to understanding the complex causes of Parkinson's disease (PD), developing treatments, improving care and finding a cure. Learn more about the research process and how to get involved.

What types of research can people join?

Some studies happen in the lab (testing cells or animals). Others involve people directly. When research involves people, it's called clinical research. There are two main types of clinical research:

• **Observational Studies**

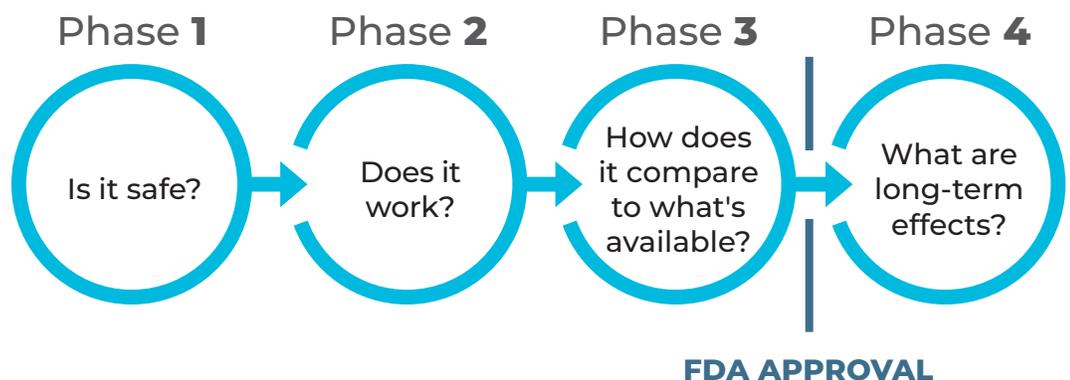
Researchers gather information without testing new treatments. This can include tracking health over time, collecting genetic data or studying lifestyle factors. The goal is to find clues about what causes Parkinson's, how it progresses and what increases risk.

• **Clinical Trials, also called interventional studies**

Researchers test interventions, which are treatments, devices, programs or other strategies aimed at improving a person's health or condition. Some participants may receive a placebo — a “fake” version — while others get the intervention being tested. This helps show whether the new intervention really works.

How are new treatments approved?

The U.S. Food and Drug Administration (FDA) requires new treatments to go through three phases of clinical trials. After approval, some treatments enter a fourth phase. Each phase focuses on a key question about the treatment.



Resources

Read, Watch & Listen:

- [Parkinson.org/Library](https://www.parkinson.org/Library)
(Search "research," "genetics" or "trial")

Learn More:

- [Parkinson.org/Research](https://www.parkinson.org/Research)

Find a research study:

- [Parkinson.org/JoinAStudy](https://www.parkinson.org/JoinAStudy)
(Parkinson's Foundation & partner studies)
- [ClinicalTrials.gov](https://www.clinicaltrials.gov)
(Full trial list)

Helpline

For answers to your Parkinson's questions, contact our Helpline at **1-800-473-4636** or Helpline@Parkinson.org.

We are here for you.

How do I choose a research study?

Joining a research study is always your choice. Before enrolling, talk with your doctor — often your neurologist — about whether a study is right for you and how it could affect your Parkinson's care, including medications.

The study team can explain what participation involves, such as time commitments, visits, tests and possible risks and benefits.

Parkinson's Foundation Research

The Parkinson's Foundation supports groundbreaking research initiatives, including these priority programs:

- **PD GENERation: Powered by the Parkinson's Foundation**

A global study offering genetic testing and counseling at no cost for people with Parkinson's. Participants can join in-person or virtually. Learn more and enroll at [Parkinson.org/PDGENERation](https://www.parkinson.org/PDGENERation).

- **Parkinson's Foundation Surveys**

Your feedback helps us better understand the needs and experiences of people living with PD and their care partners. Sign up at [Parkinson.org/Surveys](https://www.parkinson.org/Surveys).

- **Research Advocates**

The Parkinson's Foundation trains people with Parkinson's and care partners to collaborate with researchers. This helps keep studies focused on what matters most to the community. Get involved at [Parkinson.org/ResearchAdvocate](https://www.parkinson.org/ResearchAdvocate).



Tips for Getting Involved in Research

- **Start with trusted sources.** Contact the Parkinson's Foundation or local universities for research opportunities.
- **Talk to your care team.** They can help point you toward studies that fit your health.
- **Check the details.** Review the requirements and expectations before signing up.
- **Know your options.** There are many ways to support research, including joining trials, taking surveys or helping design studies.