*Accessible text to accompany the Adobe Spark article: What is Clinical Research?*

**What is Clinical Research?**

Clinical research refers to all research involving human participants (healthy volunteers or patients).

It focuses on improving our knowledge of diseases, by developing better ways to prevent, diagnose and treat patients to ensure better patient care.

#### Clinical research aims to answer a specific research question by following a precise protocol, and it must meet specific criteria:

#### it must take measures to protect participants who take part in clinical researchit must have the goal of increasing medical knowledge

#### it must be carried out by appropriately trained individuals

#### it must obtain appropriate regulatory approval and follow all legal and ethical stepscollect the consent of those involved in clinical research studies

#### There are 2 main types of clinical research studies:

#### 1. Observational Studies

#### 2. Interventional Studies

#### Observational Studies

#### Observational studies are a fundamental part of epidemiological research, they observe people in normal settings.

#### Researchers gather information, group participants according to broad characteristics, and compare changes over time. They are called observational studies because the investigator observes individuals without intervention or manipulation. These studies may help identify new possibilities for clinical trials.

#### Interventional Studies

#### Clinical trials are interventional research studies involving participants that are aimed at evaluating medical, surgical, or behavioural interventions. They are the Gold Standard way that researchers find out if a new treatment, like a new drug, diet or medical device (for example, a pacemaker) is safe and effective in people.

#### A clinical trial is used to learn if a new treatment is more effective and/or has less harmful side effects than the current standard treatment. Others test ways to find a disease early, sometimes before there are any symptoms. And others can test ways to prevent a health problem. A clinical trial may also look at how to make life better for people living with a life-threatening disease or a chronic health condition.

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