STAR

How do I learn more about becoming a volunteer in the STAR Registry?

> Website icts.uiowa.edu/star

Contact us: The University of Iowa STAR Registry C44 GH Iowa City, IA 52242

> **Telephone** 1-319-335-7569

Email coa-star@uiowa.edu What do we live for if not to make life less difficult for each other?

– George Eliot

icts.uiowa.edu/star

STAR

Seniors Together in Aging Research

Becoming a Research Volunteer at The University of Iowa



Institute for Clinical and Translational Science

STAR



STAR was created to:

- Help include more older adults in lowa-based research studies.
- Make it easier to do more and better research on older adults.

Who is eligible to be in the volunteer research registry?

Anyone age 50 or over can be in the STAR Registry. We invite people with medical problems and healthy people to join.

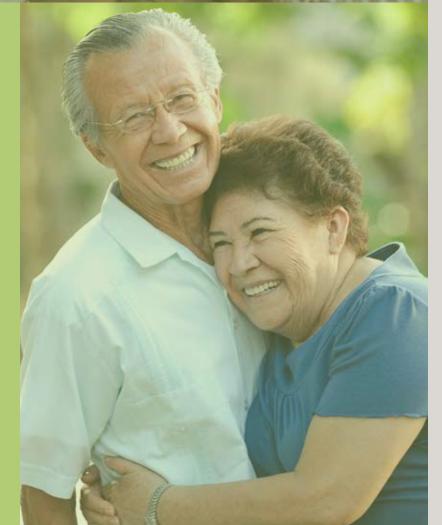
Why be a volunteer in the STAR Registry?

- Contribute to research on all kinds of topics.
- Make research results more relevant to older adults.
- Some studies offer compensation.
- Participation in any research study and the STAR Registry is voluntary. You may decide to leave the study or registry at any time.
- Registry information is confidential.

Seniors Together in Aging Research

The STAR Registry is a database of lowans over age 50 who are interested in volunteering for research studies.

Older adults are typically under-represented in scientific research, making study results less helpful to them.



What kinds of research studies ask for volunteers through STAR?

Studies include surveys, interviews or focus groups, and clinical trials. Here are some examples of past studies:

Grocery shopping study

 Collect and return grocery receipts for one month to study the relationship between food labels and shopping

Uses and Gratifications of Facebook

 Online survey about Facebook use and symptoms of depression

Hearing Aid Success

 Eight-month comparison of hearing aids for people with mild-to-moderate hearing loss

Bicycling Intervention, Cognitive Skills, and Cardiovascular Health

 Four-month exercise training to explore the effects of biking on cognition, including learning and working memory

Married Couples' Health and Health Service Use

 Two-hour interview to understand how people respond to common survey questions about health and health services, and how patients and spouses might answer differently

