

# STAR

Seniors Together in Aging Research



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

**Website**

[icts.uiowa.edu/star](https://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](mailto:coa-star@uiowa.edu)



**What do we live for if not to make  
life less difficult for each other?**

– George Eliot



**Becoming a Research Volunteer  
at The University of Iowa**



**Institute for Clinical and  
Translational Science**

# STAR

## Seniors Together in Aging Research

The STAR Registry is a database of Iowans 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.



### STAR was created to:

- Help include more older adults in Iowa-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.

### 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

