

Who are we looking for?

We are looking for people with persistent physical symptoms to take part in this research study.

By “persistent physical symptoms” we mean symptoms which are there most days and which interfere with daily life. These can include:

- Pain, fatigue, or other feelings that your body is not working properly
- Conditions like IBS, Fibromyalgia, Tension-type headache, and Pelvic Pain.

If you have troublesome physical symptoms affecting several parts of your body, you may be suitable to join Multiple Symptoms Study 3.



Why are we doing this?

We have done small studies of the Symptoms Clinic and it seems to be useful to patients. Multiple Symptoms Study 3 will tell us how worthwhile the Symptoms Clinic really is for patients and for health services.

We are doing it as a trial, where only half the people get to attend the Symptoms Clinic because that is the best way to find out how effective a treatment or clinic is.

Who are we ?

We are a group of health researchers, led by a team at the University of Sheffield, with partners in Manchester and Newcastle.

If you have any questions or want more details about how you can get involved you can contact the team on:

multiple.symptoms.study3@sheffield.ac.uk

OR

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Sheffield
Clinical Commissioning Group

Multiple Symptoms Study 3

A new ‘Symptoms
Clinic’ for people
with persistent
physical symptoms.

Participant Summary Leaflet

Funded by the National
Institute for Health Research's
Health Services & Delivery Research Programme

VERSION 1.0 XXX DATE

What is the Symptoms Clinic?



The Symptoms Clinic is a set of medical appointments with a doctor who has been specially trained. Clinics take place at one of our study centres in your city.

We know that many people with persistent physical symptoms feel frustrated that doctors can't explain their symptoms. The Symptoms Clinic is designed to help find explanations for symptoms and to reduce the impact of symptoms on daily life. It aims to help people to:

- ✓ **make sense of**
- ✓ **adapt to, &**
- ✓ **manage**

... their persistent physical symptoms.

What will happen to me if I take part?

EVERYONE who takes part in the study will be asked to meet with a study nurse and answer questions about their health.

HALF OF THE PEOPLE who take part will also get appointments to attend the Symptoms Clinic. No-one will know whether you are in the half of people who get Symptoms Clinic appointments or not until you have joined the study.

EVERYONE who takes part in the study will still be able to get their usual healthcare.

EVERYONE who takes part in the study will be asked to complete questionnaires about their health and its impact on daily life after 3, 6 and 12 months.

If you want to find out more information about how or why the study is set up, please read the detailed Participant Information Sheet

What do I do now?

If you are willing to take part then **please complete the enclosed reply form and questionnaire** and return these to the research team in the pre-paid envelope provided.



When we have received your reply we will get back in touch with you. If we think you might be suitable for the study, a nurse will arrange to discuss this with you in more detail before you decide whether you want to take part.

We have also enclosed a Participant Information Sheet which gives you more details about what the study will involve.