

The future of research: Participant perspectives on remote trial delivery

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Introduction

The PROMOTe trial was conducted entirely remotely, which aimed to:

- enable a wider recruitment of participants
- minimise risk of Covid-19 exposure
- adhere to former travel restrictions

Participant experiences with remote clinical trials are not well understood. This work aimed to characterise participant perspectives on the remote delivery of the PROMOTe trial.

Methods

The trial involved remote measurement of short physical performance battery and grip strength, and remote collection of stool, urine, saliva, and capillary blood. Equipment including a dynamometer was posted to participants. Participants returned biological samples by post.

A mixed methods approach was used, whereby participants were invited to complete an online questionnaire consisting of Likert, multiple-choice and open-ended questions upon trial completion.

Conclusion

These findings suggest that the majority of participants found remote trial delivery, including handling equipment and collecting biological samples, both acceptable and manageable.

Remote trial delivery has potential for increasing access of older people to trial participation.

Results

- Of 72 trial participants, mean age 73.1, 80.6% (n = 58) completed the questionnaire.
- 65.5% (n = 38) had no preference or preferred remote participation.

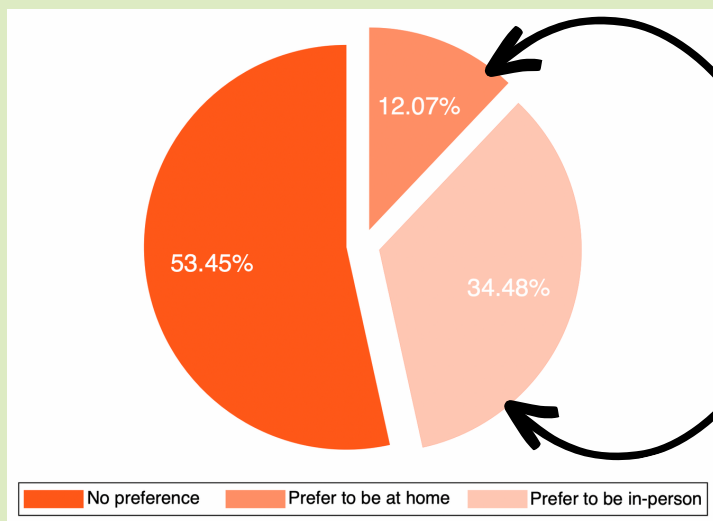


Figure 1 - Graph displaying participant preferences regarding trial design

The main reason identified by participants who preferred to take part remotely was **no need to travel**.

The majority of those who preferred to take part in-person stated this was because they **preferred to talk to the staff and ask questions face-to-face**.

- Taking 5 out of 8 physical measures was of similar difficulty remotely compared to in-person.

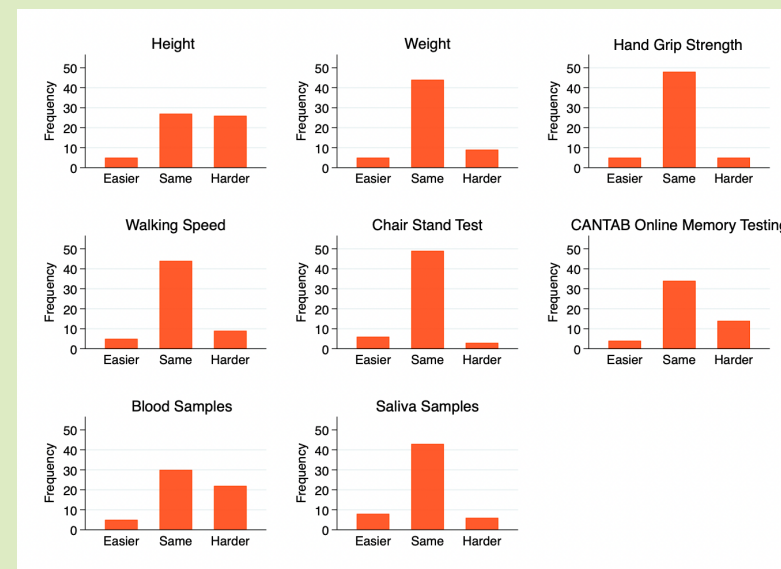


Figure 2 - Participant comparisons between remote and in-person health measure collection

- 100.0% (n = 58) of participants found it “easy” or “average” to collect stool, urine, and saliva
- 63.2% (n = 36) of participants thought it was “easy” or “average” to collect capillary blood.
- All participants found packaging and returning all four samples of “easy” or “average” difficulty.

