

RESEARCH VOLUNTEERS NEEDED

Are you a shift worker with type 2 diabetes?

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HELP DEVELOP DIET AND LIFESTYLE ADVICE FOR SHIFT WORKERS WITH TYPE 2 DIABETES



Scan for more info!

WE ARE LOOKING FOR:

Shift workers with diagnosed type 2 diabetes who

- Work in a hospital setting - any job role
- Have a work rota that includes night work
- Are aged between 18 and 60 years old.

WHAT WE NEED YOU TO DO:

The project is made up of two parts. You can volunteer for one or both parts of the study.

Part 1 involves monitoring your blood sugar, diet, activity and sleep for 10 days over a period of work and rest days. You will need to:

- Wear 2 health monitoring devices: a continuous glucose monitor and an activity monitor.
- Record your food, sleep and working hours.
- You will need to be able to attend 2 study visits (30-45 mins each) at Waterloo Campus, King's College London.

You will be compensated £60 for your time on completion of the monitoring study and your travel expenses will be reimbursed up to £10 per study visit.

Part 2 involves an informal interview that will last about 1 hour. This will be conducted via telephone or over the internet.

You will be compensated £25 for your time on completion of the interview.