# Research Studies - Learn About Future Research Opportunities In The Wahls Research Lab Transcript

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## Summit Introduction and Research Overview

Welcome to day seven of the MS and Neuroimmune Summit. I'm so glad that you've been here, that you've been part of the summit. now, today we're going to talk about, the Wahls Research Registry and how you could get, involved in the research that we do.

You see, research comes in a variety of forms. There are observational studies where we simply want to understand what you are doing. and it may be a single point in time or we may touch base several times over, a period of many years.

And then there are intervention studies where we provide some type of intervention in my lab.

## Types of Research Studies

that's usually a diet and or some type of lifestyle intervention. And when we're doing an intervention study, it's important to have that be a randomized study, because a randomized study with a control arm, typically usual care, provides the strongest evidence that the intervention is helpful.

Now, we have done a variety of studies. We've done many observational studies. we have done many different kinds of interventions, studies. Now, some of our intervention studies require people to come here to the University of Iowa, where we do our in-person assessment at, train, randomize the individuals to the intervention arm, the control arm, and then bring the person back at a specified time to repeat the assessments.

We've also done some intervention studies that were able to be done, in a virtual way such that the intervention was intervention. provided virtually in the assessments were provided, virtually.

## In-Person and Virtual Intervention Studies

And we have done some observational studies where we have been able to conduct surveys. patient reported outcomes that, allowed us to recruit people from across, the United States.

and, that, was very helpful. We have also done some observational studies where we've been able to do collect survey data from people all across the globe.

We have a new study that we're doing, the Wahls Research Registry. and this would be a wonderful way for you to sign up and be part of our, research team.

In this study, all you need to do is to consent to be on our list of people that are interested in future studies with the walls research team.

## Observational Studies and Survey Recruitment

And some of those studies might be observational studies that are survey based. Only some of those studies might be interventions that are virtual only.

And some of those studies might be intervention studies that require an in-person visit by agreeing to be part of the patient registry. You're simply saying that you would like to be notified if there is a future research opportunity and you would have the opportunity then to learn more about that research and decide if that's a good fit for you, and or your family.

Now we're looking for people with multiple sclerosis, with other neurologic conditions, other autoimmune conditions, mental health conditions, and people with any kind of chronic disease to be part of this patient registry.

## Wahls Research Registry Enrollment

And, and I'm doing that because we're adding more disease states that we are now investigating and that we are partnering with other investigators here at the University of Iowa and elsewhere to participate, we'll need to have you complete a short screening, questionnaire that will let us, collect a little just a tiny bit of information about, your name, your sex, your age, your email, and how to reach you, and again, just a little bit of information about the health conditions that you have in really big categories.

do you have, multiple sclerosis? Do you have autoimmune conditions, neurologic conditions, things like that. If we're going to change the standard of care, we need to conduct research.

And that research can be observational studies. Super helpful. The research can be survey only based studies very helpful. And of course, the largest impact are these intervention based studies, some of which we can do virtually and some of which require in-person visits.

I invite you to come, complete these short survey and, and join the Wahls Research Registry and you can learn more about that study.

## Who Can Join and How to Sign Up

In the other studies that we currently have open, at terrywahls.com/trials Again, that is terrywahls.com/trials Come join us. We'd love to include you in the walls research registry now.

Much love to you and your family and really have a great time with this final day of the MS and Neuroimmune Summit.