Clinical trials FAQs

1. What is a clinical trial and what happens during one?
A clinical trial is a type of research study involving human participants which evaluates a drug or treatment. Findings about safety and efficacy are used to determine whether a drug or treatment will be approved and made available for prescription.

Participants are generally split into a group that receives the investigated treatment, a placebo (an inactive pill, liquid or powder that has no treatment value) or a currently approved treatment. All participants are given the same level of medical care and attention by health care providers and researchers in the study, with regular follow-ups to monitor safety and efficacy for all groups.

2. Who can participate in a clinical trial?
Different clinical trials may have different eligibility requirements that are used to identify appropriate participants and ensure their safety. Some factors are age, gender, other demographic information and current health conditions. For psoriatic disease clinical trials, a factor that may be considered is whether you have psoriasis, psoriatic arthritis or both. Studies may also take into consideration your previous treatment history.

3. Can children participate in a clinical trial?
Yes, children may be eligible to participate in certain clinical studies. Trials with children help researchers better understand treatment dosage, method of delivery and our understanding of how treatments affect children as they grow and develop.

Other ways to contribute to scientific research

- Join the NPF/Corrona Psoriasis Patient Registry. Learn more at psoriasis.org/psoriasis-registry.
- Take part in NPF’s Citizen Pscientist at pscientist.psoriasis.org.
- Donate to NPF’s Discovery fund at psoriasis.org/donate.
4. What are the potential benefits and drawbacks of participating in a clinical trial?

**Pros:**
- Contribute to psoriatic disease research
- Access to free and new innovative treatments
- Receive free medical care
- Possibly get paid for participating or for costs of travel
- Experience improvements or even remission of psoriatic symptoms
- Play an active role in your health care

**Cons:**
- As with all treatments, possibly experience a side effect or risk
- Might receive a placebo with no treatment value
- Must discontinue all existing treatments during a “washout” period before the trial begins
- Might experience no improvement or even worsening of psoriatic symptoms
- May be time-consuming or demanding with regular check-ups
- May have challenges accessing the treatment once the trial is complete

5. How do I find one that is suitable for me?

There are several different ways to find a clinical trial:

- Use our NPF Clinical Trial Finder at psoriasis.org/clinical-trials
- Search ClinicalTrials.gov
- Speak with your health care provider to learn more about clinical trials that may be going on in your area

6. What happens to the treatment after a clinical trial?

All of the data that is collected during a clinical trial is analyzed to determine how safe and effective it is. All data is de-identified so that no one will know an individual’s specific information. Researchers will use these findings to determine whether to stop testing or to move to the next phase of clinical trials. Results from a clinical trial are often published in scientific journals and on ClinicalTrials.gov. Researchers will also submit findings from Phase III studies that are clinically meaningful to the U.S. Food and Drug Administration for review and possible approval of the new treatment.

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**What should I do next?**

Contact our Patient Navigation Center if you have questions about enrolling in a clinical trial or if you want to learn more about treatment options (find contact information below).