

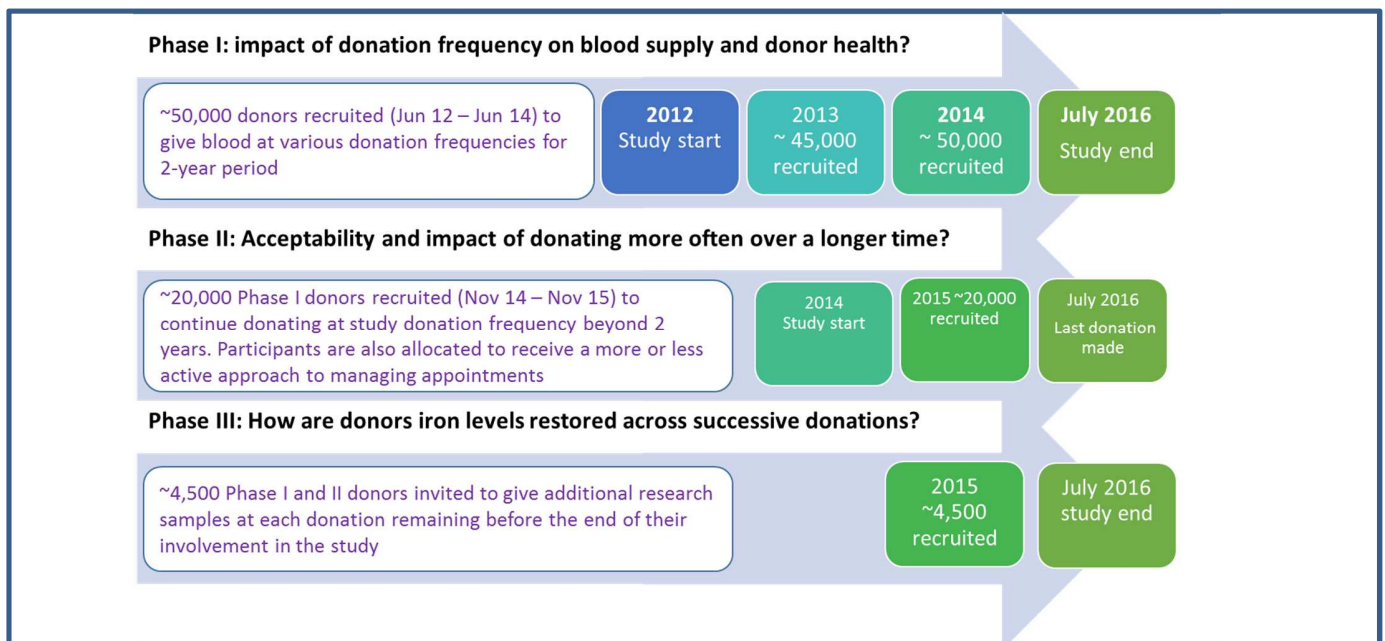


Welcome to the 2nd edition of the INTERVAL Newsletter

We are at a very exciting stage of the project with all INTERVAL participants finishing their involvement in the 2-year study at the end of July. This means researchers can start to analyse the results to inform future blood donation strategies. **Thank you for all your help!**

What has happened so far?

About 50,000 blood donors have been involved in INTERVAL over a 2-year period. Some donors have also been invited to and joined additional phases of the study to collect important additional information on optimum blood donation frequency. The specific research questions, timelines and achievements for each stage are shown below.



What data and samples have we collected?

During each phase of the study you have kindly provided us with research blood samples (in addition to your regular donation) and data from your responses to our questionnaires. In Phase I of the study we collected research samples when

participants joined the study and at the end of 2 years. Questionnaires were collected every 6 months. Donors taking part in Phase II and III have provided additional questionnaire data and blood samples. Some donors have also agreed to wear a physical activity monitor for 7 days. These data and

samples will be used to answer the specific questions for each Phase of the study.

The figure below shows the huge contributions that participants, like you, have made to this important research.

	Approximately 100,000 Research sample sets collected
	Approximately 225,000 Questionnaires collected
	Approximately 6,000 Physical activity monitors collected

When will the study results be available?

It will take some time to analyse the results, however it is anticipated that this will be completed by the end of 2016. We will then submit the findings to a scientific journal for publication; this will involve a further period of review by scientific experts and we expect that the main results will be accepted for publication in **the early part of 2017**.

How will I find out about the results?

Published papers will be posted on our website <http://www.intervalstudy.org.uk/publications/> We'll let you know, by email, when they are available. To make sure you receive our emails, please let us know if you change your contact details.

What else has happened?

INFORM study

Just over 950 INTERVAL participants, who completed their 2-year involvement in INTERVAL before June 2015, were invited and agreed to take part in another study – INFORM. The aim of INFORM was to see if giving people different types of information about their individual risk of heart disease in the next 10 years motivates them to change their lifestyle (for example to stop smoking, eat healthier and exercise more). A paper describing the background and aims of INFORM and how it has been carried out is found at www.intervalstudy.org.uk/publications/ The main results of this study are due to be published by the end of 2016.

Invitation to join a national bioresource

INTERVAL donors have been invited to join the National Institute for Health Research (NIHR) BioResource, which is a national government-funded research initiative. **Over 11,000** INTERVAL participants have joined an already established panel of NIHR BioResource volunteers. In doing so, they have agreed to be approached for medical research, in particular “recall-based” studies in which they will be recruited according to specific characteristics (e.g. genetic, lifestyle etc.). This approach can rapidly advance understanding of how diseases develop and, ultimately, improve their prevention and treatment. If you are interested in learning more, information can be found at: <https://bioresource.nihr.ac.uk/>

New contact details?

If you change your email or phone number
call: **0800 064 0089** (Mon to Fri: 09.00–17.00) or
email: helpdesk@intervalstudy.org.uk