

Summary Participant Information Sheet

Project Title:

MOTION study – **M**icrobiome **O**f the ageing gut and its effect on human gut health and **cogniTION**.

Invitation:

We invite you to take part in the MOTION study, a research project currently being launched by Quadram Institute Bioscience (QIB), the Norfolk & Norwich University Hospital (NNUH), James Paget Hospital (JPH) and the Norfolk & Suffolk Foundation Trust (NSFT).

Before you decide whether or not to take part, it is important that you understand why the research is being done and what it will involve. Please take time to read the following information carefully, discuss it with others if you wish, and feel free to ask us if there is anything that is not clear or if you would like more information. It is entirely up to you to decide whether or not to take part and, rest assured, whatever you choose, it will not affect the care you receive.

What is the purpose of the study?

All of us have trillions of bacteria and other beneficial microbes in our guts. Collectively they are called the 'microbiome' and they play a critical role in protecting our health throughout our lives. They help us with digesting our food and even with programming our immune systems so that we can fight off infections.

This study will help us understand how the gut microbiome changes as we age and how these changes might contribute to, or prevent, age-related conditions in our brain that lead to problems with memory, reasoning or thinking. We call this mild cognitive impairment (MCI).

This knowledge will help us develop new strategies to prevent or delay age-related diseases and maintain good health into old age.

We need your help to achieve this, and sincerely hope that you will consider taking part.

What do I have to do if I take part?

An overview of the appointments and what we will ask of you at each of these appointments is summarised in the table below. The two subgroups to the study are optional and will not affect participation in the study if you opt not to participate in these aspects.

We will also write to your GP at the end of the study to request some routine data from them that they will have collected from you over time. These data are called an electronic Frailty Index (eFI).

	Tests	Consent/ Eligibility	Baseline (0 months)	6 months	12 months	18 months	24 months	30 months	36 months	42 months	48 months	Location	Duration
All participants	Cognitive assessments	✓	✓	✓		✓		✓		✓		QIB	45 minutes - 2 hours
	Health questionnaires		✓	✓	✓	✓	✓	✓	✓	✓	✓		
	Stool sample		✓	✓	✓	✓	✓	✓	✓	✓	✓		
	Blood sample(s)		✓	✓	✓	✓	✓	✓	✓	✓	✓		
	Physical measurements		✓		✓		✓		✓		✓		
	OCT/OCTA scans		✓				✓				✓	Beccles Hospital	2-3 hours
Subgroup 2 (optional)	MRI (30 participants)		✓								✓	NNUH	1 hour
Subgroup 1 (optional)	Colon biopsies	Throughout study if given a colonoscopy as part of routine care											As routine appointment

COVID19 update

To increase safety during the coronavirus pandemic, we will be making some changes to the way we run our study appointments at the Quadram Institute Clinical Research Facility. This will include:

- Contacting participants before appointments to check if participants have displayed any symptoms or have tested positive for coronavirus.
- Scheduling appointments to minimise contact with other participants/ staff and maintain safe social distancing practices where possible.
- We will check your temperature at reception, if it is raised, we will reschedule.
- We will disinfect surfaces in our appointment rooms before and after your appointments.

What should I do now?

If you are interested in taking part in the study and would like to know more contact the research team on 07876182564/motion@quadram.ac.uk, or go to the study website <https://quadram.ac.uk/motionstudy/> and complete the expression of interest form.

Thank you for taking the time to read this information.