

Screen notes for UK Biobank assessment visit (prior to consent procedures)

The purpose of UK Biobank is to set up a resource that can support a diverse range of research intended to improve the prevention, diagnosis and treatment of illness, and the promotion of health throughout society.

Taking part in UK Biobank involves:

- Answering some questions on your health, lifestyle, memory, work and family history.
- Having non-invasive measurements of blood pressure, pulse rate, height, weight, body fat, grip strength, bone density and lung function.
- Giving small samples of blood (about 3 tablespoons) and urine for long-term storage and analysis (including genetic data).
- Receiving information about the key results of your measurements (see above) at the end of the visit, although it is not intended to be a “health check”. (None of your individual results will be released to your doctor or anyone else.)
- Agreeing to allow your health to be followed directly by us for many years through your medical records and other records that may be related to your health (e.g. occupational and residential information). All such data would be held in strict confidence.
- Being re-contacted by us in later years (e.g. to answer some additional questions and/or attend another visit), although this would be entirely optional.

If you feel uncomfortable about answering certain questions then you do not need to answer them. Similarly, if you do not want to have certain of the health measures, or to give a urine sample, then tell the centre staff.

We do, however, need your agreement to take a blood sample for storage and any tests that might be done for approved research. Also, we need your permission to access and store your medical and other health-related records for many years (even after incapacity or death). So, if you don't wish to agree to these parts of the study, you will not be able to join.

Over the coming years, a very wide range of tests would be done on your blood and urine samples by approved researchers from the UK and elsewhere (including commercial companies). But, none of these test results would be fed back to you, your doctors or anyone else. So, taking part should not directly affect what happens to you or cause you any harm.

Before you decide whether to join, it is important that you understand what is involved: if anything is not clear, or you'd like more information, please talk to a member of staff.