

# STAR

Seniors Together in Aging Research



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**How do I learn more about becoming a volunteer in the STAR Registry?**

**Website**

[public-health.uiowa.edu/star/](http://public-health.uiowa.edu/star/)

**Telephone**

1-319-335-7569

**Email**

[coa-star@uiowa.edu](mailto:coa-star@uiowa.edu)



What do we live for if not to make life less difficult for each other?

– George Eliot



Becoming a Research Volunteer at The University of Iowa

# STAR

## Seniors Together in Aging Research

The STAR Registry is a database of Iowans over age 50 who are interested in volunteering for research studies.

Older adults are typically under-represented in scientific research, making study results less helpful to them.



### **STAR was created to:**

- Help include more older adults in Iowa-based research studies.
- Make it easier to do more and better research on older adults.

### **Who is eligible to be in the volunteer research registry?**

Anyone age 50 or over can be in the STAR Registry. We invite people with medical problems and healthy people to join.

### **Why be a volunteer in the STAR Registry?**

- Contribute to research on all kinds of topics.
- Make research results more relevant to older adults.
- Some studies offer compensation.
- Participation in any research study and the STAR Registry is voluntary. You may decide to leave the study or registry at any time.
- Registry information is confidential.

### **What kinds of research studies ask for volunteers through STAR?**

Studies include surveys, interviews or focus groups, and clinical trials. Here are some examples of past studies:

#### **Grocery shopping study**

- Collect and return grocery receipts for one month to study the relationship between food labels and shopping

#### **Uses and Gratifications of Facebook**

- Online survey about Facebook use and symptoms of depression

#### **Hearing Aid Success**

- Eight-month comparison of hearing aids for people with mild-to-moderate hearing loss

#### **Bicycling Intervention, Cognitive Skills, and Cardiovascular Health**

- Four-month exercise training to explore the effects of biking on cognition, including learning and working memory

#### **Married Couples' Health and Health Service Use**

- Two-hour interview to understand how people respond to common survey questions about health and health services, and how patients and spouses might answer differently

