

NEED MORE INFORMATION?

Thank you for taking the time to read this
leaflet.

If you would like to speak to a member of
the study team, please feel free to get in
touch.

Oxford Study Team
Tel: **0808 164 2521**
Email: **summit-d@phc.ox.ac.uk**

INTERESTED?

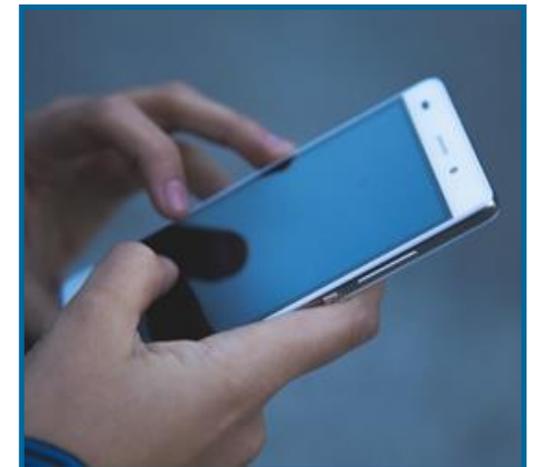
Text Register + full name to **07422128690**

<http://www.summit-d.org>

OUR COLLABORATORS



SuMMiT-D Feasibility: Support through mobile
messaging & digital health technology for
diabetes



Summary Information Leaflet



Type 2 diabetes is a lifelong condition that causes a person's blood sugar (glucose) to become too high. It can cause serious long-term health problems. In the UK, it affects more than 3.4 million people.

Medicines to lower blood sugar, blood pressure and cholesterol can stop complications developing, if taken as intended. However, people often have concerns about starting medicines and face difficulties in taking them regularly.

Advice and information can be offered by sending brief messages to mobile phones. We have developed a text-messaging system that can provide hints and tips about living with type 2 diabetes and its treatment.

OUR WORK SO FAR

This study draws on people's suggestions that mobile phone text-messages could be used to help support them in living with diabetes and other aspects of treatment.

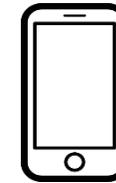
We have developed text messages that aim to encourage and support people in making best use of treatment and other aspects of looking after diabetes.

The messages were put together by a group of health psychology researchers and have been reviewed by patients.

To understand whether this system can support people with taking their medication and managing their condition, we need to test it with a large group of people with type 2 diabetes. People like YOU!



INTERESTED? WHAT TO DO NEXT



Simply text **Register** + your **first name** and **surname** to 07422128690. You may also contact the trial team via email or phone. See contact details at the back.



A member of our research team will give you a call, ask you to provide some information and answer any questions you might have.



We will send you some information and ask for your consent. We will ask you to fill in some questions (online or on paper, your choice).

For six months, you will either receive targeted messages or non-health related messages. When we receive your follow up questionnaires, we'll send you a £10 thank you voucher.

