

ALL I NEED TO KNOW ABOUT THE IMAGINE STUDY



WHAT IS THE IMAGINE STUDY?

The IMAGINE Study is a research study looking at the interactions between inflammation, gut bacteria, and diet in order to better treat Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD, which includes both ulcerative colitis and Crohn's disease), and to understand their link to mental health.



HOW DOES IT WORK?

As part of the IMAGINE Study, you will be asked to complete some surveys about your physical and mental health, as well as diet and some general information about yourself. You will also be asked to provide stool, blood and urine samples. You will be asked once a year to provide further information and samples for up to four years.



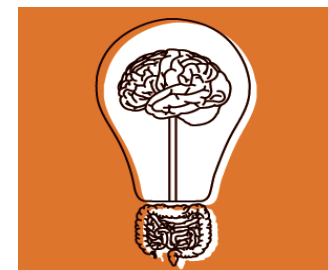
WHAT SHOULD I EXPECT ON MY FIRST VISIT?

When you come in to your visit, you will be asked a number of questions about your medical history. You will be asked to complete several surveys on a tablet, but don't worry if you aren't able to finish the surveys as you'll be emailed a link to complete the surveys in the comfort of your own home. You will have your blood taken on that first date and then also provided with a collection kit for urine and stool which you will complete at home and return to the clinic.



HOW MUCH TIME WILL IT TAKE?

The surveys may take two hours to complete. You can start the surveys during your clinic visit and then complete them at home at your convenience on a tablet or computer. It will take up to half an hour to take your blood sample. The urine and stool samples will need to be collected at home, which will only take a few minutes, and returned to the clinic according to the instructions provided. Although it may sound like a quite a bit of your time, just remember you will only need to do this once a year for up to four years.



WHY SHOULD I PARTICIPATE?

Your participation in the IMAGINE Study is very important. Your information will help us understand how diet and gut bacteria are related to disease and overall mental health status. With your help, we will uncover the mystery of the brain-gut connection in IBS and IBD and potentially cure these chronic diseases.