

## The Gravity of Gout

1 in 20 working-age Australians reported living with gout:

- 1 in 10 men
- 1 in 5 men aged 70 years or older
- 1 in 40 women



People with gout suffer acute attacks of severe joint pain, which limits their movement and activity. Recurrent attacks can greatly impair quality of life and lead to permanent joint damage.

## The Gout App Study

aims to help you and other people living with gout manage their condition, and prevent a painful gout attack.

**UNSW researchers are looking for volunteers just like you!**

# VOLUNTEERS WANTED

For **GOUT** Research Study

**Contact the hotline for more information:  
1800 931 544**

Email:

[med.gout.app@unsw.edu.au](mailto:med.gout.app@unsw.edu.au)

Visit:

[mygoutapp.com](http://mygoutapp.com)



**UNSW**  
SYDNEY

HREC Approval Number: 15199  
Version dated: 17 September 2018

**We need you to help us improve GOUT management!**



## Is this for me?

- ✓ Have you had a **gout attack in the past 12 months?**



- ✓ Do you have **access to a smartphone or tablet** with internet?



Participate in research that will benefit you and other Australians living with gout, and be paid for your contribution.

## What do I need to do?

- Download the mobile app via the link provided.
- Use the mobile app for one year.
- Record any gout attack that you may experience into the app.
- Visit your GP for routine gout check-ups and blood tests:
  - When you join the study,
  - After 6 months, and
  - After 12 months.
- Complete 3 surveys in 12 months.

## How does it work?

### At the start:

- ✓ Complete first survey
- ✓ Baseline blood test from GP: Uric acid and creatinine
- ✓ Start using mobile app
- ✓ Receive **\$30 gift voucher**

### At 6 months:

- ✓ Complete second survey
- ✓ Follow-up blood test from GP: Uric acid and creatinine
- ✓ Continue using mobile app
- ✓ Receive **\$30 gift voucher**

### At 12 months:

- ✓ Complete third survey
- ✓ Follow-up blood test from GP: Uric acid and creatinine
- ✓ Receive **\$30 gift voucher**
- ✓ Exit interview