

# Plain Language Clinical Trial Summary Sample

Patient outreach format | type 2 diabetes and CGM

Portfolio disclaimer: This is an original mock writing sample created for portfolio purposes using public source material. It does not contain confidential client, employer, patient, or proprietary study information. It is not medical advice.

## Sample Type: Plain-language clinical trial summary for a research website or patient outreach packet

### Study Snapshot

Item	Plain-language summary
Condition	Type 2 diabetes in adults who are not using insulin
Intervention	Use of a continuous glucose monitor, also called a CGM
Main comparison	Wearing CGM all the time versus wearing CGM for part of each month
Estimated study length	About 6 months
Mock audience	Adults considering a diabetes technology study and caregivers helping them review the opportunity

### What is this study trying to learn?

This study is designed to learn whether people with type 2 diabetes who do not use insulin may get similar glucose-management information from wearing a CGM part-time compared with wearing it continuously. CGMs can show glucose patterns during meals, overnight, and during daily activities. For some people, continuous wear may provide more information but may also create cost, comfort, and daily-use burdens. The practical question is whether a lower-burden wear pattern can still provide useful clinical and behavioral information.

### Why this question matters

Many adults with type 2 diabetes manage their condition with lifestyle changes, oral medicines, or injectable medicines other than insulin. These individuals may not need moment-by-moment glucose monitoring for safety in the same way as many insulin users, but periodic glucose data may help identify patterns that A1C alone does not show. If periodic CGM use performs similarly to continuous use for selected outcomes, it could support more flexible, patient-centered approaches to diabetes technology.

### What participants would do

- Wear a CGM sensor and use a connected smartphone app.
- Attend scheduled study visits for blood tests, blood pressure checks, weight checks, and review of glucose patterns.
- Receive education about interpreting glucose trends and adjusting daily habits in discussion with the study team.
- Keep their current diabetes medications stable unless their health care provider determines a change is needed.
- After an initial period, be assigned by chance to either continuous CGM use or periodic CGM use.

### Participant journey map

Time point	What happens	Participant-facing message
Start	Consent, screening, baseline measures, device setup	You learn what the study involves and decide whether you want to join.
Months 0-3	All participants wear CGM continuously	This period helps establish glucose patterns and lets everyone learn how to use the device.
Random assignment	Participants are placed into continuous or periodic CGM groups	A computer assigns the group by chance so the comparison is fair.
Months 3-6	Participants follow assigned CGM schedule	The study compares glucose and experience outcomes between groups.

Time point	What happens	Participant-facing message
Final visit	Study measures and feedback are collected	The study team reviews final information and answers closeout questions.

### Potential benefits and limitations

A participant may learn more about personal glucose patterns, but the study cannot promise that joining will improve diabetes control. Some people may find the CGM helpful for understanding food, activity, sleep, or medication patterns. Others may find the device inconvenient, distracting, or uncomfortable. The study is primarily designed to answer a research question, not to provide individualized medical treatment.

### Key questions a participant may want to ask

- Will I need to pay for the CGM or supplies during the study?
- What should I do if the sensor falls off or irritates my skin?
- Who can see my glucose data from the app?
- Can my usual diabetes clinician see the study results?
- What happens if my glucose readings concern me during the study?

### Portfolio writing rationale

This sample shows how to convert technical trial information into a structured, participant-friendly summary without recruiting language that overpromises benefit. The writing uses a clear hierarchy, defines CGM, explains random assignment in plain language, and anticipates questions that often affect participant understanding and decision-making.

### Selected Public Sources Used for Mock Sample

1. ClinicalTrials.gov. Continuous Glucose Monitoring in Non-Insulin Treated Type 2 Diabetes: Continuous vs. Periodic Use. NCT07336329. Accessed May 29, 2026.
4. MedlinePlus. Type 2 Diabetes. Updated January 21, 2026.