

Box 1: How much consent is enough?

Recently, one of us was a subject in a research study in which a blood test was assessed. He had to sign four forms. One form covered consent to participate in the study, and 10 questions were asked; a second form was designed to waive any intellectual property rights; the two other forms were for a related study by the same team on diet—the forms were the same, but the study title was different. It took longer to complete the forms than for the blood samples to be taken, although not as long as it took to complete the nutritional questionnaire that followed.