



The Nuremberg Code (1947): Protecting Research Participants

The Nuremberg Code is one of the earliest and most important guidelines created to protect people who take part in medical research. It was developed after the Second World War to ensure that human rights and safety are always respected in research studies.

The key protections for participants include:

- ❖ *Your consent is essential:* You must voluntarily agree to take part in a study, after receiving clear and understandable information.
- ❖ *Research must be meaningful:* Studies are conducted only when they are expected to benefit society and advance medical knowledge.
- ❖ *Unnecessary harm is not allowed:* Research should avoid physical or mental suffering whenever possible.
- ❖ *Studies are carefully tested first:* Research is based on prior scientific and laboratory evidence before involving people.
- ❖ *Qualified doctors and researchers conduct the study:* Only trained and experienced professionals are allowed to run research studies.
- ❖ *You can withdraw at any time:* You have the right to leave a study at any point, without penalty or loss of care.
- ❖ *Your safety comes first:* Researchers must stop the study if it becomes unsafe for participants.