SmellTaste Recruitment call | October 2026

Slow-SPEED UK study, led by Queen Mary University of London (QMUL)

Could keeping active help us learn more about smell loss?
An exciting new research opportunity for people with a reduced sense of smell.

The **Slow-SPEED UK** study team, led by Queen Mary University of London, is looking for people aged 40 and over with notably reduced sense of smell to help them to learn more about how staying active fits into daily life for people with a reduced sense of smell.

They are looking for your help to explore whether a gentle, build-up-slowly physical activity programme, supported by a friendly app, the Slow-SPEED app and a fitness watch, is helpful to protect the brain health in people with reduced sense of smell.

There has never been a study quite like this one for people with a reduced sense of smell. By taking part, you would be helping researchers understand what works well and what could be better, so that future research and support can be shaped around people's real experiences. Your involvement could make a difference for others living with smell loss.

The researchers want to hear from people who

- are aged 40 or over and living in the UK
- have no sense of smell or a notably reduced sense of smell
- can walk safely on their own
- do not currently do a lot of regular activity
- have a suitable smartphone (and access to phone or internet to stay in touch and use the Slow-SPEED digital app)
- are happy to take part for around 18 months, mostly from home

What would taking part involve?

- **A gentle, gradual physical activity programme from home,** at a pace that suits you, supported by a smartphone app and a fitness watch (both provided for you to keep).
- **A smell test** to help confirm whether the study is right for you.
- **A short "settling-in" period** of about four weeks at the start, just wearing the watch during your normal routine.
- **Two visits in person** at Queen Mary University of London (at the start and at the end), plus check-ins you can do from home.
- **Some questionnaires about your health and movement assessments** along the way, which you can do at home in your own time.
- **Travel costs to study visits will be reimbursed**, and the fitness watch is yours to keep. The research team will be there to support you at every step.

You would be supported throughout by a friendly research team, and everything is designed to fit around your daily routine, mostly from home. You can take part wherever you live in the UK.

Interested, or just want to know more?

Please read the full Slow-SPEED UK participant information sheet here.

Please get in touch with research team by **midnight on Sunday 29 November.**

The Slow-SPEED UK team would be very happy to answer any questions. There is no commitment in simply asking. You can contact them by email at v.azoidou@qmul.ac.uk or slowspeed@qmul.ac.uk.