

SIGNAL STUDY

A 12-week cohort study for Adults with IMD

This study will explore how use of the flok app and an Oura ring can capture meaningful signals—like diet, sleep, symptoms, and wellbeing—in real time.

Study Overview

Purpose

To better understand and characterize the lived experience of adults with inherited disorders of protein metabolism.

Procedure

Participants will engage in the study using the flok app (free to download and use) and an Oura Ring provided at no cost by the research team. They will complete dietary records, record moods and symptoms, respond to regular patient-reported outcome measures, record lab test results, and attend weekly virtual meetings for support throughout the study.

Duration

The study will run for 12 weeks beginning July 2025. Rolling enrollment.

Who Can Participate?

- Individuals who have been diagnosed with one of the following:
 - Arginase Deficiency
 - Argininosuccinic Aciduria
 - Citrullinemia
 - Classical Homocystinuria
 - CPS-1 Deficiency
 - Glutaric Acidemia
 - Maple Syrup Urine Disease (MSUD)
 - Methylmalonic Acidemia
 - NAGS Deficiency
 - OTC Deficiency
 - Phenylketonuria (PKU)
 - Propionic Acidemia
 - Tyrosinemia
- Are 18 years of age and considered an adult where they live
- Have access to / use of a mobile phone (Apple or Android)

Exclusion Criteria

- Individuals who do not follow a low-protein diet
- Individuals on the medication Palynziq
- Individuals who are pregnant or trying to become pregnant

How to Join

Open or download the **flok app**

On the main menu, visit **Research > Manage Consent**

Under **Research > Current Studies** tap on **Signal Study**

Questions? support@flok.org

North Star IRB #NB500298

Sponsor: **flok Health**



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