







The i-Share cohort project aims to evaluate important health aspects among 30 000 university students over the course of 10 years. Besides the evaluation of the frequency and impact of specific health conditions, i-Share will also allow for testing of biological mechanisms and preventive strategies in young adults.

i-Share has been initiated by the Universities of Bordeaux and Versailles Saint-Quentin (France) and is supported by an excellence program of the French government. It is open for national and international collaborations. Longitudinal data on the health of young adults are scarce. However, during early adulthood many diseases and their risk factors manifest. The novel aspect of i-Share resides in an innovative modular structure that allows several targeted substudies in which detailed information can be collected and interventions implemented.

Main study domains:

-  Migraine: frequency, risk factors, correlation between migraine and brain structure and functioning, etc.
-  Mental health: frequency, determinants and consequences of depression, anxiety, post-traumatic stress, eating disorder, etc.
-  Infections (HPV, chlamydiae, and vaccinations): frequency and consequences of exposure to sexually-transmitted diseases, adherence to and effects of the vaccination programs, etc.
-  Risk behavior, addiction, and accidents: role of personality, environment, and lifestyle leading to the risk of car accident or sport accidents; detoxification programs, etc.

Main objectives:

- Public health objectives: evaluation of the frequency and consequences of diseases affecting young adults. Additional goals are to establish a platform that will allow the development of intervention trials and to test strategies for sampling, prevention, and health coverage.
- Biomedical objectives: to test specific scientific hypotheses about the physiopathological or psychopathological mechanisms of these diseases. This part will need interdisciplinary collaborations (epidemiology, human & social sciences, molecular biology, neurosciences, and others) and specific biological measurements (cerebral MRI, biochemistry, genetics, vascular physiology, etc.)

Information and communication are at the center of the study

- i-Share involves the use of modern information and communication technology to collect epidemiological data. The website www.i-share.fr is the main communication platform used for presenting the study and its objectives. Furthermore, the site provides students with all information and links to participate in the study.
- Besides the students, the website targets media and opinion makers, institutions & partners.
- i-Share makes use of social networks (Facebook, Twitter, YouTube...) to mobilize a virtual student network and to create a sense of community.
- In addition to the challenge of recruiting 30 000 French students, i-Share will aim to follow them up for at least 10 years. Thus, a communication plan has been conceived and is now being implemented to attract students to fill in the 30-minute questionnaire and to keep track of them over the coming years.

A multidisciplinary team with high level of expertise :

- i-Share's governance is carried out by researchers with high level of experience and expertise from various fields, including epidemiology, biostatistics, public health, social sciences, genetics, and clinical medicine.
- i-Share is open to collaborations and partnerships.
- i-Share supports local, national, and international collaborations from the public or private sector.

For further information, please contact us at: contact@i-share.fr

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Key figures:

- 30 000 students followed for up to 10 years
- Sites: Bordeaux, Versailles Saint-Quentin, Nice.
- Main domains: Public health and biomedical research
- 4 main fields of study: migraine, mental health, infections, and risk behavior