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HEALTHCARE TRIAGE

When things look better, it's critical to ask "compared to what?"

In short, you need a control group. Over time, changes in behaviors or measurements often follow a pattern known as regression toward the mean.

Outliers (in this case those who are more overweight) tend to move toward the average. Thus, interventions might look as if they're working when they're not.

Control groups - participants who don't receive the intervention-can help ensure that we're seeing real effectiveness.

In a randomized controlled trial, it's important to keep the comparisons directly between the intervention and control groups.

A common mistake is comparing each group after the intervention with the same group before the intervention.

People could compare a dieting group to itself, before and after, and compare the control group to itself, before and after, to see if the dieting group achieved a significant decrease.

Don't change the analysis plan.

Before a study begins, its expected primary outcome should be clearly defined.

For most obesity studies, that's going to be a decrease in body mass index. You can't later add in other outcomes that might show results even if the main outcome does not.

Be careful when designing studies and picking outcomes.

Too often, when trying to prove that subjects changed their diet or exercise habits, we simply ask them if they did. This risks getting results influenced by self-report bias.

If a study's focus is an educational intervention that tells students they should walk more and watch

less TV, we shouldn't be surprised that they say they did, even when there's no change in body fat percentage.

Not significant is not significant.

Researchers are often tempted to argue that these results are clinically significant, or that they have "promise."

Don't assume that an intervention is better than nothing.

Most studies conduct a two-sided analysis. This means they look at whether an intervention is better or worse, then consider the results significant if the p-value is less than 0.05.

They therefore conduct a one-sided test, which effectively doubles the allowable p-value. Results that would not have been significant become so.

To be effective, interventions and policies need to be built upon solid data. There are no assurances that interventions can only do good.

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