

One study is not enough to know about treatment effects

Because...

- The results of a study always need to be confirmed by other studies
- Different studies can have contradictory results
- To know the effects of a treatment, it has to be studied in thousands of people

Warning signs

“A study proves...”

“According to a study...”

“The latest study...”

- > A single study rarely proves anything
- > Not all studies offer a same certainty
- > The latest is not necessarily more reliable

- **Ask yourself** what kind of study it is and how reliable is it
- **Be cautious** about information that mentions single studies without context
- **Remember** that the most reliable information comes from the scientific summary of the best studies (systematic review)

