

# Absence of evidence does not mean evidence of absence

## Because...

- There are few studies and limited information prevents us from knowing whether a treatment works
- Some treatments are difficult to study and there is a lot of uncertainty about study results
- The evidence from studies is contradictory and it is difficult to draw a conclusion

## Warning signs

**“There is no evidence to support the treatment”**

**“It has no effect...”**

Beware of ambiguous expressions that do not make it clear whether we know a treatment does not work or we do not know whether it works

- **Look out** for when “no evidence” is described as “no effect”
- **Don’t confuse** “there is no evidence” with “there is no difference” between treatments
- **Remember** that lack of evidence is not conclusive proof that a treatment has no effect, but an indicator that more studies are needed to find out about any effects

