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Over 50 years of trial in *Acta Psychiatrica Scandinavica*: a survey

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Abstract

Background: Randomised controlled trials are the gold standard for evaluating mental health care interventions. We assessed the content and quality of trials published in *Acta Psychiatrica Scandinavica* and *Supplementum* since 1948.

Methods: All trials were identified manually, quality assessed, data extracted, and sought on Medline.

Results: About 8.6% of all reports in the journal were clinical trials ($n = 582$) with the peak frequency in the 1980s. Most originate from Europe (80%) and focus on depression (~38%) or schizophrenia (27%). The median sample size is 44. We found only two trials that fully met the criteria of quality reporting RCTs set by CONSORT statements (0.34%) since 1996. Less than 50% of records were possible to identify by a Medline search using broad methodological terms.

Conclusion: *Acta* is a major source of health trials. The standard of reporting is similar to other journals but better adherence to CONSORT would ensure higher quality of reports and better dissemination.

Background

Randomised trials are now widely accepted as the "gold standard" for providing evidence on the effectiveness of health care interventions in general [1] as well as mental health care interventions in particular [2]. Random assignment greatly reduces the potential for bias in the allocation of interventions. It ensures that comparison groups are as similar as possible to each other in terms of both known and unknown possible predictors of treatment response [3]. Empirical evidence suggests that non-randomised studies tend to overestimate the effects of healthcare [4]. In addition, the extent and the direction of bias in these studies is often impossible to predict [5].

The use of randomised trials was largely restricted to evaluations of new drug therapies, either against an existing standard agent or against a placebo control. More recently, however, randomised controlled trials are being used to evaluate a much broader range of interventions [6].

Poorly conducted randomised trials, however, can provide biased results [7]. For example, allocation concealment, blinding, intention-to-treat analysis, and loss to follow-up are the critical items in the design and conduct of randomised trials, and an inadequately conceived, conducted and reported randomised trial may overestimate

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Christian G. Meyer



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