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Over 50 years of trial in Acta Psychiatrica Scandinavica: a survey Hosam E Matar¹, Muhammad Q Almerie¹, Muhammad O Al Marhi¹ and Clive E Adams*²

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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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Table of Contents Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259

- 1. Understanding the eBook Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - The Rise of Digital Reading Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - o Features to Look for in an Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Personalized Recommendations
 - Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259 User Reviews and Ratings
 - Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259 and Bestseller Lists
- 5. Accessing Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259 Free and Paid eBooks

- Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259 Public Domain eBooks
- Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259 eBook Subscription Services
- Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259 Budget-Friendly Options
- 6. Navigating Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259 eBook Formats
 - o ePub, PDF, MOBI, and More
 - Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259 Compatibility with Devices
 - Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Highlighting and Note-Taking Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Interactive Elements Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
- 8. Staying Engaged with Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
- 9. Balancing eBooks and Physical Books Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Benefits of a Digital Library
 - o Creating a Diverse Reading Collection Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Setting Reading Goals Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Fact-Checking eBook Content of Reactive Psychoses Acta Psychiatrica Scandinavica Supplementum 259
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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