Twelve Questions to Ask

A companion to all four books: tests, claims, interventions, and supplements

01 What exactly is being claimed about this test, intervention, or supplement?

02 Who was studied, and how closely do they resemble the people the claim is aimed at?

03 What was compared: placebo, usual care, another option, or no comparison at all?

04 What kind of evidence supports the claim, and has it been independently replicated?

05 Was the outcome meaningful to people, or only a change in a biomarker or surrogate?

06 How large was the absolute benefit, over what period, and how uncertain is the estimate?

07 Could bias, confounding, measurement variation, or chance explain the finding?

08 For a test, how accurate is it, and would the result change a decision?

09 Do the dose, formulation, route, and duration match what was actually studied?

10 What harms, interactions, costs, and practical burdens belong in the assessment?

11 Who funded the research or stands to benefit from the claim?

12 What remains unknown, what would change the conclusion, and when should it be reviewed?

Educational use only. This guide does not interpret personal data, diagnose disease, or replace medical care.