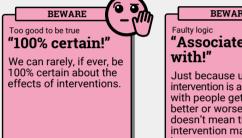
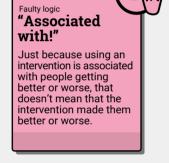
That's a claim!



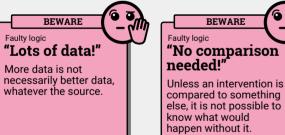
"100% safe!" People often think about the benefits of interven tions and ignore interventions that work are 100% safe.

BEWARE "100% effective! Most claims that an intervention will make you 100% better or that it works for everyone turn out to be wrona





















interest in getting people to use an intervention or

adopt a program, such

as making money, may overstate benefits and ignore possible harmful effects.

"A study shows!

If a single study shows

that people who got one

worse than people who

got something else, it

the final answer.

loes not mean that is

"More is better!"

ntervention did better o

Taking more of a reatment may increase ook out for summaries harms and/or costs f studies comparing vithout increasing how not done systematically THINK 'FAIR' BEWARE 6 5 "As advertised!" Subgroup Someone with an

Dissimilar

groups

comparison

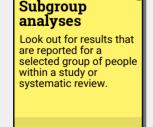
ook out for treatment

omparisons where the

omparison groups wer

Unsystematic

summary



r "not statistically

ignificant".

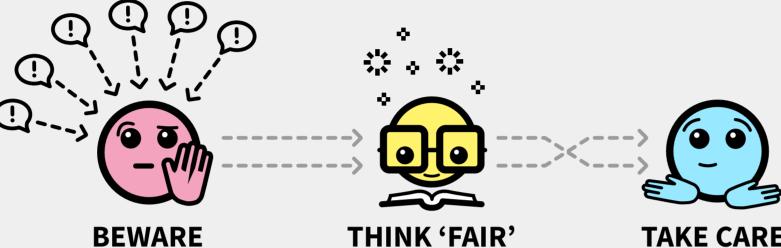


of claims

No evidence ook out for a "lack of vidence" being escribed as evidence o

THINK 'FAIR'

Key Concepts for thinking critically about social welfare claims



THINK 'FAIR'

Indirect

comparisons

Look out for compari

sons of interventions

between studies that are

THINK 'FAI

Selective

reporting

ook out for unpub-

ished results of

air comparisons.

No confidence

re reported using

values instead of

onfidence intervals.

ook out for results that

interval



Unfounded

assumptions

Look out for treatment

comparisons that are

ensitive to assump

BEWARE of claims that have

Many claims about the effects of

treatments are not trustworthy.

Often this is because the reason (the

You should be careful when you hear

basis) for the claim is not trustworthy.

an untrustworthy basis

claims that are:

Too good to be true

Based on faulty logic

• Based on trust alone

tions that are made.

TAKE CARE when you decide



ook out for treatment omparisons where eople knew which have changed how they elt or behaved.

THINK 'FAIR

Just words ook out for treatment effects that are described just using

Misleading description

Average effects ook out for treatment ffects that are described as average differences.

THINK 'FAIR'

Dissimilar

measurement

the comparison

ook out for comparisons

where what happened was measured differently

THINK 'FAIR' Few people or events ook out for treatmen ffects that are based n small studies with

Lots of missing

ook out for comparison

where what happened

ots of people or where

vas not measured in

people

THINK 'FAIR' - and check the evidence from

treatment comparisons

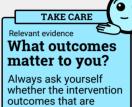
Evidence from comparisons of treatments can fool you. You should think carefully about the evidence that is used to support claims about the effects of treatments.

Look out for:

- Unfair comparisons of treatments
- Uncareful summaries of comparisons
- How treatment effects are described

TAKE CARE What is your problem and what are your options? When you are thinking about interventions, make sure that you understand what the problem is and what

our choices are.



important to you have been measured in fair

TAKE CARE

Are the circum-

stances diffe-



rent from yours? the treatment comparisons included only people (or animals) that

Always ask yourself if fair comparisons of interventions were conducted in circumstance that are relevant.

TAKE CARE

Always ask yourself

are you?

whether the possible advantages of a treatment

outweigh the disadvantages of the treatment.

Always ask yourself how sure you are that the

ossible advantages o

oossible disadvantages

better than and the

TAKE CARE Do the advantages Are the interoutweigh the ventions different from those available to you? disadvantages for

Always ask yourself if the interventions evaluated in fair comparisons

assessment of

TAKE CARE Unreliable How sure

outcomes ook out for outcomes hat were not assessed eliably in intervention comparisons.

TAKE CARE - and make good choices

Good treatment choices depend on thinking carefully about what to do.

Think carefully about:

- What your problem is and what your options are
- Whether the evidence is relevant to your problem and options
- Whether the advantages outweigh the disadvantages

abstinence or provide free condoms to prevent teenage pregnancy? There are lots of claims about what you should do to prevent and treat numerous psychosocial and social problems. How can you know which of these claims are trustworthy? And how should you decide when to act on claims about prevention and treatment options?

Should I take medication or exercise to improve my mood? Should we teach

Introduction

A social welfare intervention can include something an individual would do to prevent or treat a mental or behavioral health problem, such as treatment for anxiety or substance abuse, to population-based interventions aimed at improving social conditions, such as ending homelessness or poverty.

How can we tell which **claims** are right or wrong? To do this, you need to look at what supports the claim – its **basis**. For example, someone's personal experience is not a good basis for making or believing claims about interventions. Just because your friend found meditation helpful to reduce their anxiety doesn't mean meditation is effective for treating anxiety. This is because we don't know what would have happened if that person had done something else.

To know if a treatment (providing free contraception) causes an **effect** (like reducing teenage pregnancy), the treatment has to be **compared** to something else (like abstinence only education). Researchers compare a treatment given to people in one group with something else given to people in another group. Those comparisons provide **evidence** – facts to support a conclusion about whether a claim is right or wrong. For those comparisons to be **fair**, the only important difference between the groups should be the treatments they receive.

A **good choice** is one that uses the best information available at the time. For health choices, this includes using the best available evidence of treatment effects. Good choices don't guarantee good outcomes, but they make good outcomes more likely.

www.thatsaclaim.org/socialwelfare/

