ThinkWell celebrates “It’s OK to ASK and International Clinical Trials day on May 30th, ThinkWell is offering an introductory course on Randomized trials by Dr Amanda Burls and Anne Brice. This is an excellent interactive teaching session that includes a Glossary about research terms. It is written in every day language and is easy to learn. Here is a link to a short video about interpreting research results.

Dr Amanda Burls and Dr Amy Price are public trialists who join with NIHR to proclaim It’s OK to ASK. We want you to be able to do more! We invite you to participate in joining us to set up public led trials.

“In the nineteenth century health was transformed by clear, clean water. In the twenty-first century, health will be transformed by clean clear knowledge”. -Sir Muir Gray

According to a consumer poll by the NIHR Clinical Research Network:
- Only 6% of those questioned said the public are well-informed about clinical research in the NHS
- Less than 21% said they would feel very confident about asking their doctor about research opportunities
- Patients and the public really care about research: only a very small percentage (less than 2.5%) think that research is NOT very important
- Dr Ben Goldacre with AllTrials points to massive patient organizations that have signed up for better trials and cleaner data by mandating that all trials be registered and all data reported. This makes it easier for the public to find trials, get quality interventions and to see honest data reporting.
- Less than 21% of patients feel very confident about asking their doctor about research – but we want to get the message across that It’s OK to ASK

Quality research is vital if we are to meet the present healthcare challenges and keep improving interventions.

It can be difficult to get from theory into practice for any generation as we can see by watching this funny medieval help desk video. The materials for learning can change but the challenges common to learning and decision-making remain.

“Tell me and I forget, teach me and I may remember, involve me and I learn.”- Benjamin Franklin

Randomization in trials is important because it reduces bias. A bias is an inclination to attend to a partial perspective at the expense of (possibly equally valid or even better) alternatives in reference to objects, people, or groups. Anything biased leans to favor one-side and this approach lacks a neutral point of view. Humans are prone to bias it can be unconscious or unintentional and this opinion or bias can stop us from seeing accurate results in research. A short and funny video that helps to explain this is below.
At ThinkWell the public learns by choosing and doing randomized controlled trials (RCTs) for themselves. We invite you to join us by sending us an email and we will send you more information. **It’s OK to Ask!** The public are our partners in delivering research, so we need to empower them to ask about clinical studies and how they can get involved.

Please leave us comments and questions below. **We want to know how the public feels** about clinical trials or RCTs. Share your experience, ask us questions, criticize trials, volunteer ideas for a trial, whatever it is we want to know what you think! Remember **It’s OK to ASK**