

Studying a study and testing a test, how to read the medical evidence-fifth edition

Book by: Richard K. Riegelman, M.D.,M.P.H, Ph.D, Professor of Epidemiology-Biostatistics, Medicine, and Health Policy and Founding Dean The George Washington University, School of Public Health and Health Services Washington, D.C.

Review by: Quynh-Van Tran, Pharm.D., BCPP, FDA, Regulatory Review Officer and CPNP POP Committee Member

Quynh-Van Tran reviews the fifth edition of Studying a Study and Testing a Test, How to Read the Medical Evidence, a guide to sharpen your analytical skills.

KEYWORDS

book review, medical evidence, MAARIE framework

CPNP members maintain a [suggested reading list](#) to provide information on peer recommended resources and convenient access to the highest quality neuropsychopharmacology publications. A reminder that if you shop with CPNP, by following the links below to Amazon, a small commission will be paid to CPNP which helps to financially support our mission to improve the minds and lives of individuals with psychiatric and/or neurologic disorders.

You can help grow this list of resources by [suggesting a book](#).

Book: [Studying a Study and Testing a Test, How to Read the Medical Evidence 5th Edition](#).

Product Details:

- Paperback: 368 pages
- Publisher: Lippincott Williams & Wilkins; Fifth edition (October 25, 2004)
- Language: English
- ISBN-10: 0781745764
- ISBN-13: 978-0781745765
- Product Dimensions: 1 x 7 x 10 inches
- Shipping Weight: 1.6 pounds

PRODUCT DESCRIPTION FROM THE PUBLISHER:

In today's rapidly changing world of clinical practice, old assumptions quickly fall under the weight of new evidence. But to make effective clinical decisions, you must face a deluge of data published in the health research literature.

With this best-selling text as your guide, you'll discover a concise, stepwise program that will help you evaluate clinical studies, identify flaws in study design, interpret

statistics, and apply evidence from clinical research to your practice.

Sharpen your analytical skills with these insightful features...

- **Step-by-step approach** ideal for both students and practitioners guides you through the health research literature, showing you the ingredients that go into a meaningful study, clues to potential study flaws, and ways to apply solid evidence in clinical practice.
- **Uniform framework** uses a simple six-point framework based on the mnemonic M.A.A.R.I.E. You will learn to evaluate studies in terms of **Methods, Assignment, Assessment, Results, Interpretation, and Extrapolation**.
- **Hypothetical illustrations** demonstrate the limitations of today's published studies.
- **Unique learning aids**—including question checklists, scenarios illustrating study design, and flaw-catching exercises—help you reinforce key facts and retain what you've learned.

NEW to the Fifth Edition...

- **New "Guide to the Guidelines" section** helps you make sense of established and emerging clinical guidelines, and helps you understand the role of these guidelines in practice.
- **Current information on outcomes** includes discussions of safety and of the effects of interactions on outcomes.
- **More graphic presentation of statistics** helps make complex concepts easy to grasp and apply using a flowchart of statistics.

- **StudyingaStudy.com Website** is an integral feature of this edition providing interactive materials for all sections of the book. The Website provides practice using the M.A.A.R.I.E. framework, interactive flaw-catching and Selecting a Statistics exercises, self-testing questions-answers and exercises using abstracts from real articles.
- **Courses and Journal Clubs** can now use **Studying a Study and Testing a Test** with the help of a special section of the Website.

Clear the path to a new understanding of evidence-based medicine...and integrate today's best evidence into tomorrow's practice.

FROM THE CPNP MEMBER

This book is a great resource for clinicians, residents, or students who want to enhance their ability to evaluate and interpret medical literature by using the M.A.A.R.I.E. framework. This framework consists of six components: Methods, Assignment, Assessment, Results, Interpretation, and Extrapolation. Within each component, there are a series of questions that assist practitioners in determining the strengths and weaknesses of a study. The M.A.A.R.I.E. framework can be used to evaluate case-control studies, cohort studies, randomized clinical trials, cost-effectiveness studies, or evidence-based guidelines. The book is easy to read and understand. It provides good examples and explanations, putting complex statistical concepts into layman's terms. I find the "Questions to Ask and Flaw-Catching Exercises" with real journal articles as examples particularly helpful in applying the key concepts from each section of the book. The step-by-step questions-to-ask approach is very useful in helping clinicians to efficiently sort through the medical literature, recognize the flaws and limitations of the study, and take them into account as they apply the evidence from clinical research into their practice. In addition, residents and students will find this book very beneficial in preparing for journal club presentations.

How to cite this news article

Tran Q-V. Studying a study and testing a test, how to read the medical evidence-fifth edition. Ment Health Clin [Internet]. 2011;1(4):76-7. Available from: <http://dx.doi.org/10.9740/mhc.n83630>