

Clinical Trial Basics

Debunking Common Myths

There are many common myths surrounding clinical trial participation. By addressing these misconceptions and sharing the facts, the Clinical Trial Awareness program can help people feel more confident and informed about clinical trials.

- ✗ **MYTH:** Patients who participate in clinical trials are treated as just guinea pigs.
- ✓ **TRUTH:** Patient safety is a top priority for clinical trials. All clinical trials must be evaluated and approved by an Institutional Review Board (IRB) tasked with protecting patient safety and ensuring an ethical trial.
- ✗ **MYTH:** If I get assigned to the control group in a clinical trial, I'll be getting an inactive placebo or "sugar pill".
- ✓ **TRUTH:** In cancer treatment trials, placebos are very rarely used. The control group comparison treatment will always be the standard of care for that cancer. "Sugar pill" placebos are only used when there is no standard treatment for the disease being studied. It is extremely rare that a new cancer treatment will be compared to a non-treatment placebo.
- ✗ **MYTH:** Clinical trials are a last resort for people who have run out of treatment options.
- ✓ **TRUTH:** Clinical trial participation can be beneficial at any point in your diagnostic and treatment path. Getting connected to a clinical trial at diagnosis may mean you have even more treatment options. Some clinical trial eligibility can even be limited by how many prior treatments you have received.

- ✗ **MYTH:** Participating in a clinical trial will cost more than regular treatment.
- ✓ **TRUTH:** Clinical trial sponsors cover the cost of trial-related testing and treatments outside the standard of care for the disease. Costs for testing and treatment that would be part of a patient's standard care are paid by patients, their health insurance, or other third party payor.
- ✗ **MYTH:** Your doctor will always tell you if there's a clinical trial that could help you.
- ✓ **TRUTH:** Databases of current clinical trials are constantly being updated, and it's possible your doctor might not know about all the trials potentially available to you. Checking the clinicaltrials.gov website can help you find trials to discuss with your healthcare team.
- ✗ **MYTH:** Once I agree to participate in a trial, I'm stuck with it and have to continue.
- ✓ **TRUTH:** Clinical trial participants are free to leave a trial at any point, and for any reason. Ideally, the informed consent process before enrollment will help you decide about participation based on the benefits and risks of the trial. But if you change your mind, or something comes up that makes participation too difficult, you can always leave the trial.

Thank you to our sponsors and partners for their support of the Clinical Trial Awareness program.

For more information about clinical trials, visit globalCCA.org/clinical-trials