



N = 1 Experiments: Their Role in Evidence- Based Practice

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Strauss et al. (2005). *Evidence-based medicine*. Chicago: Elsevier. (page 172)

- “The n-of-1 trial applies the principles of rigorous clinical trial methodology to determine the best treatment for an individual patient. It randomizes time, and assigns the patient... active therapy or placebo at different times, so that the patient undergoes cycles of experimental and control treatment, resulting in multiple crossovers to help both our patient and us to decide on the best therapy”



What is an Experiment?

- “A study in which an intervention is deliberately introduced to observe its effects” (Shadish, Cook & Campbell, 2002, p. 12)

How Can this be Resolved?

- *Always present individual subject data, along with aggregated results.*

That way no information on individual variability is lost (buried within a standard deviation, for example).

Graphs can be an excellent way to simply present large amounts of data.