Clinical trials are conducted to collect data regarding the safety and efficacy of new drug and device development. Generally, there are four phases of development.

**Phase I**
- Assesses the safety and effects of a drug
- Small study group of 20-100 healthy volunteers
- Studies typically last several months

**Phase II**
- Tests the efficacy and effectiveness of the drug
- A placebo is often introduced for comparative results
- Study group may include several hundred patients
- Studies may last several months to a couple of years

**Phase III**
- Randomized and blind testing occurs
- Study group may include several hundred to several thousand patients
- Once completed, FDA approval can be requested to sell to the public
- Allows for a more detailed understanding of the drug’s effectiveness, benefits and risks

**Phase IV**
- The drug is approved for consumer sale
- Monitors long-term effectiveness
- Compares drugs with others on the market
- Determines cost-effectiveness of new drug treatment compared to other traditional therapies

### Top Perceived Benefits

- Advance science and treatment: 33%
- Help improve or save lives: 29%
- Help improve my condition: 15%

### Top Perceived Risks

- Possibility of side effects: 20%
- Possible risk to my overall health: 13%
- Possibility of receiving a placebo: 13%
- Possible disclosure of my private medical information: 57%

### What are the benefits and risks of volunteering for a clinical trial?

Top perceived benefits and risks of trial participation per a survey of 5,701 patients

- 70% of drugs move to Phase II
- 33% of drugs move to Phase III
- 70%—90% of drugs move to Phase IV

- 98% of volunteers would consider participating in a trial again

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**References:**
1. Overview of Clinical Trials, CenterWatch: www.centerwatch.com/clinical-trials/overview.aspx
3. CISCRP Study: www.ciscrp.org
4. CenterWatch Ongoing Patient Survey; N=1,561

CenterWatch is committed to providing patients and their advocates with easy access to important information on clinical trials, trials seeking volunteers, drug information including clinical trial results and new FDA approvals and other essential health and educational resources. Share this information with your colleagues and patients.