Reading a mental-health claim

Ten questions to ask before you believe, share or act on something you read about the mind.

PMA SCIENCE UNIVERSITY

01 ☐ **Who is saying it?** A researcher, a clinician, a company, an influencer? What do they gain if you believe it?

02 ☐ **Where is the evidence?** Is there a named study, or only "research shows"?

03 ☐ **What kind of study?** A single case, a survey, an experiment, a review of many studies? Reviews carry more weight than one study.

04 ☐ **Who was studied?** How many people, of what age and from where? Does that match the people the claim is about?

05 ☐ **How big is the effect?** "Significant" does not mean large. Look for real numbers.

Reading a mental-health claim

06 ☐ **Has it been repeated?** A finding that other teams have reproduced is stronger than a first result.

07 ☐ **Correlation or cause?** Two things happening together does not show that one causes the other.

08 ☐ **What is left out?** Side effects, people it did not help, limits the authors mention.

09 ☐ **Does it promise to diagnose, cure or reveal a person?** Be cautious with quizzes, face reading or "one weird trick".

10 ☐ **What would change your mind?** Decide what evidence would make you doubt the claim.

A claim can be well meant and still wrong. Asking these questions is how careful people, including scientists, protect themselves and others.

Need help now? This checklist is for reading, not for decisions about your health. Talk to a qualified professional about your own situation.