

## Which ethnic groups should be in the trial and at what proportion?

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V1 13/3/2023 Trial Forge

Trial: ANTLER

Depression relapse

ANTLER (depression relapse) <https://www.isrctn.com/ISRCTN15969819>;  
<https://doi.org/10.3310/hta25690>

The panel noted:

- Broad inclusion of ethnic groups across the trial population because all ethnic groups are susceptible to depression.

The panel concluded:

- The panel did not reach a conclusion with regard to particular percentages for different ethnic groups.

Where a panel cannot reach a conclusion, STRIDE suggests adopting the following default inclusion position:

- The minimum target for **inclusion of the specified ethnic groups should be at the same proportion as is found among the population of people with the condition targeted by the trial.** The proportion is dependent on the intended reach of the applicability of trial results. A trial intending national reach should aim for national ethnic proportions by disease. A trial with more local reach could aim for proportions in its local area.

Where **disease data by ethnicity do not exist, or cannot be obtained**, STRIDE suggests adopting the following default inclusion position:

- The minimum target for **inclusion of the specified ethnic groups should be at the same proportion as is found in the most recent census data.** The proportion is dependent on the intended reach of the applicability of trial results. A trial intending national reach should use national census data. A trial with more local reach could aim for census proportions in its local area.



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## General comments from the panel:

1. The starting point of the trial is a diagnosis of depression and be receiving treatment for it. This itself may vary by ethnicity, being harder for some groups to get.
2. Recruitment of some ethnic groups (e.g. Black men) may be easier using non-health service channels. Barbershops were mentioned as one route for recruiting Black men.
3. The language used (not just world language but the style and complexity of language) needs careful consideration. Literacy is likely be more of a problem for some (South Asians were mentioned). Organised religion may have a role in recruiting from some ethnic groups and provides a non-health service route.

NB. Completed by Shaun Treweek, University of Aberdeen, based on a discussion with an external panel brought together for this purpose as part of the STRIDE project (<https://www.abdn.ac.uk/huru/what-we-do/research/projects/stride-supporting-recruitment-and-retention-improvements-for-diverse-ethnicities-283>). None of us was involved in this trial, we did not discuss the information below with the trial team.

Given the above, the information below may not be a proper reflection of what the trial team itself may have considered the ethnic groups needed by their trial. The information is therefore intended to be illustrative, not definitive.