

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

Which ethnic groups should be in the trial?
V1 13/3/2023 Trial Forge

Trial: EXTRAS

Stroke

EXTRAS (stroke) <https://www.isrctn.com/ISRCTN45203373>; <https://doi.org/10.3310/hta24240>

The panel concluded:

- The minimum target for diverse ethnic involvement should be that the trial **involves different ethnic groups at the proportions found in the most recent census data for the geographical areas where recruitment is being done.**
- There was support for **over-sampling some ethnic groups, particularly Black individuals (women especially) and South Asians.**
- Decisions around the ethnic groups to include **need epidemiological data** and that these data should be as local to a recruitment site as they can be. Context is important.

General comments from the panel:

1. The data available to inform decisions is often not sufficiently detailed enough to give this sort of information. Issues around the data collection and coding of the data are important if research and health systems are to be improved with regard to the care given to ethnic minority individuals.
2. The Panel wondered whether the younger end of the age range (i.e. 18 - 40) of all ethnicities would be less likely to engage with rehabilitation.
3. The Panel thought that the weight of the trial would be with older people because stroke affects older people in the main. The trial team therefore needs to know who gets stroke by ethnicity and which of them would be candidates for rehabilitation of the sort described in this trial. Given the point mentioned earlier about younger groups, for this intervention perhaps it should be targeting older people mostly.
4. Over-sampling of Black individuals and South Asian individuals may be useful, in large part in direct recognition of the paucity of data linked to individuals from these ethnic groups in research generally. The Panel recognised the need to talk to statisticians about this with regard to the implications for analysis and sample size.



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General comments from the panel:

5. Household structure may have a role with regard to the support people from some ethnic groups may have. Multigenerational households may provide more social support, something more likely to happen in South Asian cultures. This may mean that some ethnic groups are more likely to have a carer.
6. The influence of generations within a house will affect the decisions of other generations within the same house (for example the older generation may influence the younger). Those same younger individuals may take a different decision if they were living in their own house, away from the older generation (and vice versa).

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/hsru/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.