

# What is a clinical trial?

**Clinical trials are research studies designed to test whether new treatments are safe and effective to treat a disease.** Clinical trials follow strict scientific standards to evaluate safety and effectiveness, protecting volunteers and ensuring reliable results. Each potential participant should make an informed and voluntary decision regarding participation in clinical trials.

There are typically three stages or phases of clinical trials that must be performed before a drug or treatment may be submitted to regulatory agencies, such as the U.S. Food and Drug Administration (FDA), for approval.

- 1 Phase I:** Researchers test a new drug or treatment in a small group of people (usually 20-100 volunteers) for the first time to evaluate its safety, determine a safe dosage range, and identify side effects. Doses start small and increase in different patient groups until the desired effect of the treatment is observed or side effects of the treatment become too severe.
- 2 Phase II:** The drug or treatment is given to a larger group of people (up to several hundred volunteers) to see if it is effective and to further evaluate its safety. Most Phase II studies have randomized control (placebo) groups and treatment groups. Most of these trials are “double-blind” which means that neither the patients nor researchers know whether the patient is receiving the treatment or placebo.
- 3 Phase III:** The drug or treatment is given to large groups of people (several hundred to thousands of volunteers) to confirm its effectiveness, monitor side effects, compare it to commonly used treatments or placebo, and collect information that will allow the drug or treatment to be used safely. Phase III trials are also randomized and most are double-blind. Positive and significant results in this phase often lead to FDA approval.

# Interested in finding a clinical trial?

**The PFF Clinical Trial Finder** is a search tool on the PFF website that allows users to browse US-based studies that are recruiting patients with pulmonary fibrosis. Visitors may also fill out a short questionnaire and receive a cultivated list of clinical research opportunities closest to them.

**The PF Drug Development Pipeline** is a tool that allows users to filter drugs in development for, or already approved for the treatment of, pulmonary fibrosis and related conditions in the United States. Trials can be filtered by study phase, intervention type, and more.

Locate a trial at

[trials.pulmonaryfibrosis.org](https://trials.pulmonaryfibrosis.org)

Find more resources at

[pulmonaryfibrosis.org/  
clinicaltrials](https://pulmonaryfibrosis.org/clinicaltrials)

For more information, visit [pulmonaryfibrosis.org](https://pulmonaryfibrosis.org) or contact the PFF Help Center at **844.TalkPFF** (844.825.5733) or [help@pulmonaryfibrosis.org](mailto:help@pulmonaryfibrosis.org).

