

## ... about NNTs

- ◆ A Number Needed to Treat (NNT) estimates the number of patients that need to be treated with a therapy for one patient to benefit.
- ◆ An NNT describes the effect of a treatment based on the results of a clinical trial – its significance is related to the parameters of that trial, including its duration. Therefore, an NNT relates to a specific length of treatment.
- ◆ An NNT is the inverse of the Absolute Risk Reduction (ARR):

$$\text{NNT} = \frac{1}{\text{ARR}} \quad \text{or} \quad \frac{100}{\text{ARR}(\%)}$$

The ARR is the difference in risk for an outcome that is observed with a treatment compared with the control.

- ◆ An NNT of 10 suggests that 10 patients will receive a treatment for a period of time, e.g. 5 years, for one patient to benefit. This also suggests that nine patients will be exposed to the risks of treatment for that time without benefiting.
- ◆ Where a treatment has a harmful effect, this is reported as a Number Needed to Harm (NNH).