

Jillian Wright

## Scientific Discussion 1: Analyzing Scientific Papers

### Mega-dose Vitamin C in Treatment of the Common Cold: a Randomized Controlled Trial

1. The Abstract section is used to show a summary of the experiment and all the sections within the article. The first section is called Methods, and within this portion of the article is has the participants, the interventions, the outcome measures, and the statistical analysis. The next section is the Results section, where the study population is discussed and so is the cold duration and severity, and the actual power of the study. The last section of the article is the Discussion portion of the article, which is where the authors have a conversation about the experiment as a whole and whether it was a success or not. At the end of the Article there are 3 ending sections labeled Acknowledgements, Competing Interests, and References. These are for thanking those who helped the experiment to happen, to show no bias within the experiment, and to cite all the information that wasn't created through the experiment.
2. The research question of the experiment is; what is the effect of large doses of vitamin C in the treatment of the common cold?
3. If a person takes high doses of vitamin C when they get a cold, then the symptoms will not lesson or go away.
4. The experiment was “double-blind, randomized” and different participants were given different doses of vitamin C, or a placebo. Participants were given daily pill in identical packages, with the onset of cold symptoms. The symptoms are rated and recorded by the participants on a specific scale made by the experimenters. A scoring method was used and collected at the end of 7, 14, and 28 days. The independent variable was victim C doses given and the dependent variable was the cold symptoms experienced by the participants.
5. Doses of vitamin C did not lesson or effect the symptoms of the common cold.
6. Yes I agree with findings of the experiment, because the time period that the experiment occurred in was long and thought out. There was also a wide variety of doses within the experiment which increases its reliability.
7. One limitation of this study is that the symptoms of the cold were rated and explained by the participants, which could have opened the study up to some person to person bias. A strength of this study is the wide variety of vitamin C amounts, and the long time period the experiment takes place in.