

My evaluation of the research work accomplished with amphetamine-like drugs has been requested. With the disclaimer that specific projects cannot be evaluated with precision unless they are monitored and the data thoroughly reviewed, my general opinion is that the background of animal and clinical work on these drugs is both extensive and adequate to make a judgement of effectiveness under conditions of use. The actions of these drugs are clear-cut and even under relatively lax experimental conditions, should be reproducible. Controlled studies to demonstrate effectiveness in comparison to placebos require hard work but no unusual skills. Study administrators may frequently be tempted to guess which patients are being treated with active drugs because of the side effects exhibited. This is a research problem common with the study of most pharmacologically active drugs. Experienced researchers discourage such speculation by the technical personnel.

Those who do engage in guessing games will often find out that they were wrong. The actions of a placebo will often match and sometimes exceed those of an active material. Conversely, a very potent drug may not elicit any remarkable signs or symptoms in some individuals. Regardless, when objective endpoints are available, such as actual weight loss, assessments are simplified and data are more concrete. Moreover, when results obtained from a number of research sites prove essentially equivalent, it can be concluded that the findings are valid. On this basis, the effectiveness of amphetamine-like products as adjuncts in the