LET'S TALK TRIALS

Join us in conversation. Let's help create a future of health care research that's inclusive and representative of all communities.

What are clinical trials?

Clinical trials help researchers learn how our bodies respond to medicines and other treatments. They test new ways to help prevent, find, diagnose or treat diseases and whether investigational treatments or new uses for existing treatments are safe and effective.

Why does representation in clinical trials matter?

Diseases can impact people differently based on their age, gender, weight, race, ethnicity and other factors. Representation in clinical trials helps researchers gain a more complete picture of how investigational medicines work across populations.

Only 24% of clinical trial participants today are from communities of color, despite making up more than 40% of the U.S. population and facing higher burdens of many diseases.[1]

Here are common myths about clinical trials

MYTH: Trial volunteers are guinea pigs.

FACT: Clinical trials follow strict safety guidelines and are monitored by experts who are not part of the trial. Additionally, participating in a clinical trial is completely voluntary and participants can leave it at any time for any reason.[2]

MYTH: All people are represented equally in clinical trials.

FACT: In 2020, only 8% of clinical trial participants were Black and only 11% were Hispanic or Latino, despite both groups making up more of the U.S. population.[3,4] Increasing representation in clinical trials helps researchers gain a more complete picture of how investigational medicines work across populations.

MYTH: Clinical trials can be extremely expensive for patients.

FACT: Before enrolling in a clinical trial, participants receive information about potential costs. In some cases, clinical trial sponsors help cover the costs of participating, such as office visits, tests and clinical trial medicines. Some trials may even help with travel expenses.

MYTH: Clinical trials are only for those with severe health conditions.

FACT: Clinical trials can involve people with varying conditions and degrees of illness, including those with mild to severe symptoms or who are at high risk for a disease.

Let's talk together

For more information about clinical trials, **talk to your health care provider or visit LetsTalkClinicalTrials.com.**

1. Peters U, Turner B, Alvarez D, et al. Considerations for embedding inclusive research principles in the design and execution of clinical trials. *Ther Innov Regul Sci.* 2023;57(2):186-195. doi:10.1007/s43441-022-00464-3.
2. Are Clinical Trials Safe? National Cancer Institute. Accessed September 2025. https://www.cancer.gov/research/participate/clinical-trials/safety.
3. QuickFacts: United States. United States Census Bureau. Published July 1, 2024. Accessed September 2025. https://www.census.gov/quickfacts/fact/table/US.
4. Cavazzoni P, Anagnostiadis E, Lolic M. *2020 Drug Trials Snapshots Summary Report*. U.S. Food and Drug Administration; 2021:3.

Updated July 2026

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