

## NIH Policy on Sex as a Biological Variable



# NIH SABV POLICY

### Good Science

Considering **sex as biological variable (SABV)** in research studies and reporting results by sex lead to a more complete knowledge base to improve reproducibility, a tenet of good science. With increased knowledge, more effective treatments and better health for all are possible.

NIH policy is a part of a global movement to integrate the study of sex into research.

### NIH Policy

Effective Jan. 25, 2016, NIH's landmark SABV policy is a significant contribution to science that will improve the health of all. Researchers are expected to consider both sexes in vertebrate animal and human studies, unless a strong justification for a single-sex study exists.

“NIH expects that [SABV] will be factored into research designs, analyses, and reporting in vertebrate animal and human studies.”

### Education

ORWH e-learning courses provide a thorough understanding of sex and gender influences on health and disease and how to consider SABV and the SABV policy in research.

#### Bench to Bedside: Integrating Sex and Gender to Improve Human Health

Developed with the FDA Office of Women's Health

#### Sex as a Biological Variable: A Primer

With support from National Institute of General Medical Sciences

#### Introduction to the Scientific Basis of Sex- & Gender-Related Differences

Training is essential to integrate the consideration of sex into research.

### Shared Responsibility

Involvement of all sectors of the biomedical research enterprise is needed to produce good science. **Researchers** can routinely consider sex in their studies and report the results by sex. **Editors** can institute editorial policies that require sex-based data and reporting in publications. Study conclusions should avoid generalizations about both sexes unless sex-based data have been provided.

[orwh.od.nih.gov/career-development-education/e-learning](http://orwh.od.nih.gov/career-development-education/e-learning)



OFFICE OF RESEARCH ON WOMEN'S HEALTH

Advancing the Health of Women Through Science