



# NEW! Free Online Courses Addressing Sex and Gender in Research

Developed by the National Institutes of Health and the Food and Drug Administration

The National Institutes of Health (NIH) has developed free courses to address gaps in knowledge about the influences of sex and gender on health and disease and about the NIH Policy on Sex as a Biological Variable (SABV).

The first course, "[Bench to Bedside: Integrating Sex and Gender to Improve Human Health](#)," developed by the [NIH Office of Research on Women's Health](#) (ORWH) in partnership with the [Food and Drug Administration Office of Women's Health](#), explores sex- and gender-related differences in key disease areas. The course provides biomedical researchers, clinicians, and students in the health professions with knowledge they can apply in designing and conducting research and/or interpreting evidence for clinical practice.

The second course, "[Sex as a Biological Variable: A Primer](#)," developed by ORWH with funding support from the [National Institute of General Medical Sciences](#) and the [NIH Office of the Director](#), helps investigators understand and apply the NIH SABV policy in research design, analyses, and reporting. It addresses basic, preclinical, clinical, and population health studies.

"[Introduction to the Scientific Basis of Sex- and Gender-Related Differences](#)" is a self-paced introductory training aimed at researchers, clinicians, and policymakers. The downloadable slide deck and accompanying Facilitator's Guide can be used by individuals or teams to initiate a dialogue about how—and why—to incorporate a sex-and-gender lens into research and clinical care.

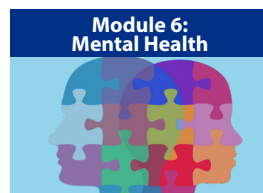
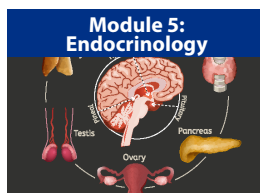
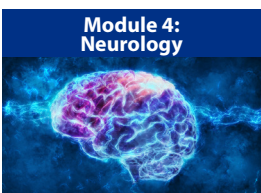
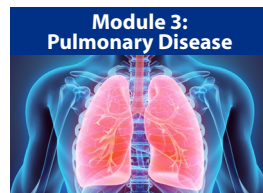
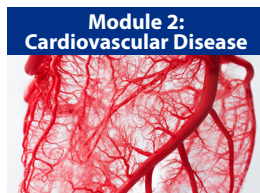
## Course Information:

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

- ▶ Six modules available:
  - Module 1: Immunology
  - Module 2: Cardiovascular Disease
  - Module 3: Pulmonary Disease
  - Module 4: Neurology
  - Module 5: Endocrinology
  - Module 6: Mental Health
- ▶ Register at <https://go.usa.gov/xG6uj>.
- ▶ Upon completion, participants will receive a certificate.

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

- ▶ Four modules available:
  - Module 1: SABV and the Health of Women and Men
  - Module 2: SABV and Experimental Design
  - Module 3: SABV and Analyses
  - Module 4: SABV and Research Reporting
- ▶ Register at <https://go.usa.gov/xG6uj>.
- ▶ These modules:
  - Clarify the requirements of the NIH SABV policy
  - Address myths and perceived challenges to implementation



### Related Resources:

- ▶ [SABV Guidance Document](#)
- ▶ [SABV FAQs](#)
- ▶ [NIH Grants & Funding: Rigor and Reproducibility FAQs](#)
- ▶ [NIH Inclusion Outreach Toolkit](#)

To learn more about ORWH resources and activities, sign up at <https://bit.ly/322LY7L>