**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**

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.

**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**
- **Sex as a Biological Variable: A Primer**
- **Introduction to the Scientific Basis of Sex- & Gender-Related Differences**

**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.

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

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

orwh.od.nih.gov/career-development-education/e-learning