
Contents

1	Introduction	1
1.1	Nature of science and medical science.....	1
1.2	Problem selection and evaluation.....	2
1.2.1	Questions.....	2
1.2.2	Sources.....	4
1.2.3	Evaluation.....	5
1.2.4	Literature.....	7
1.3	Ethics.....	10
1.3.1	Human studies.....	10
1.3.2	Animal studies.....	13
1.3.3	Collegial interactions.....	15
1.3.4	Science and society.....	17
2	Methodology	19
2.1	Subjects.....	19
2.1.1	General considerations and demographics.....	19
2.1.2	Controls.....	22
2.1.3	Patients.....	23
2.1.3.1	Sources.....	23
2.1.3.2	Selection criteria: diagnosis.....	24
2.1.3.3	Disease history.....	27
2.1.3.4	Severity.....	29
2.1.3.5	Gender.....	29
2.1.3.6	Ethnicity.....	30
2.1.3.7	Exclusion criteria.....	30
2.2	Procedures.....	31
2.2.1	General consideration.....	31
2.2.2	Studies on etiology.....	34

2.2.3	Studies on disease course.....	40
2.2.4	Studies on treatments.....	41
2.2.4.1	Drugs.....	41
2.2.4.1.1	Herbal medicines.....	41
2.2.4.1.2	Chemotherapy.....	42
2.2.4.2	Psychotherapy.....	54
2.3	General methods.....	55
2.3.1	Behavioral methods.....	55
2.3.1.1	Clinical observations.....	55
2.3.1.2	Rating scales.....	56
2.3.1.2.1	Types.....	57
2.3.1.2.2	Validity.....	59
2.3.1.2.3	Reliability.....	60
2.3.1.3	Other behavioral measures.....	62
2.3.2	Biological measures.....	63
2.3.2.1	Physiological measures.....	63
2.3.2.1.1	Imaging.....	64
2.3.2.1.2	Endocrine cascades.....	68
2.3.2.2	Biochemical measures.....	73
2.3.2.2.1	Tissues.....	73
2.3.2.2.2	Animal studies.....	77
2.3.2.2.3	Neurotransmitters.....	79
2.3.2.2.4	Genetics.....	82
3	Results.....	91
3.1	General comments.....	91
3.2	Data handling.....	92
3.3	Data analysis.....	94
3.4	Statistical treatments.....	96
4	Appendix.....	101
4.1	How to read a paper.....	101
4.2	How to write a paper.....	107
4.2.1	Where.....	107
4.2.2	Who.....	108
4.2.3	When.....	109
4.2.4	How.....	109
4.2.4.1	Introduction.....	110
4.2.4.2	Methods and materials.....	110

4.2.4.3	Results	110
4.2.4.4	Discussion.....	111
4.2.4.5	Afterwards.....	111
4.2.4.5.1	Acceptance	113
4.2.4.5.2	Rejection	113
4.2.4.5.3	Caveat	114
4.3	How to write a grant	114
4.3.1	Story	114
4.3.2	Reality.....	122
4.3.2.1	Writing the grant	122
4.3.2.2	Afterwards.....	125
4.4	Web sites	127
Bibliography.....		129
Index		131