

**Disclaimer:** *BMJ Evidence-Based Medicine* is owned and published by BMJ Publishing Group Ltd, a wholly owned subsidiary of the British Medical Association. The owner grants editorial freedom to the Editors of *BMJ Evidence-Based Medicine*. *BMJ Evidence-Based Medicine* follows guidelines on editorial independence produced by the World Association of Medical Editors and the code on good publication practice of the Committee on Publication Ethics. *BMJ Evidence-Based Medicine* is intended for healthcare professionals and is provided without warranty, express or implied. Statements in the journal are the responsibility of their authors and advertisers and not authors institutions, the BMJ Publishing Group or the BMA unless otherwise specified or determined by law. Acceptance of advertising does not imply endorsement. To the fullest extent permitted by law, the BMJ Publishing Group shall not be liable for any loss, injury or damage resulting from the use of *BMJ Evidence-Based Medicine* or any information in it whether based on contract, tort, or otherwise. Readers are advised to verify any information they choose to rely on.

**Copyright:** © 2019 by BMJ Publishing Group Ltd. All rights reserved; no part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without prior permission.

Published by the BMJ Publishing Group, typeset by Exeter Premedia Services Private Limited, Chennai, India, and printed in the UK on acid free paper.

*BMJ Evidence-Based Medicine* (ISSN No: 2515-446X) is published bimonthly by BMJ Publishing Group and distributed in the USA by Air Business Ltd. Periodicals postage paid at Jamaica NY 11431 POSTMASTER: send address changes to *BMJ Evidence-Based Medicine*, Air Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

**BMJ Evidence-Based Medicine** publishes original evidence based research, insights and opinions on what matters for health care. The journal focuses on the tools, methods, and concepts that are basic and central to practising evidence-based medicine.

### Editor-in-Chief

**Carl Heneghan**  
Centre for Evidence-Based Medicine,  
University of Oxford, Oxford, UK

### Deputy Editor

**Igho Onakpoya**  
University of Oxford, Oxford, UK

### Associate Editors

**Jeff Aronson**  
University of Oxford,  
Oxford, UK

**Jon Brasse**  
Trip Database,  
Bristol, UK

**Kamal Mahtani**  
University of Oxford,  
Oxford, UK

**Annette Pluddemann**  
University of Oxford,  
Oxford, UK

**Jack O'Sullivan**  
University of Oxford,  
Oxford, UK

### Statistical Editor

**Rafael Perera**  
University of Oxford,  
Oxford, UK



[https://twitter.com/BMJ\\_EBM](https://twitter.com/BMJ_EBM)



<https://www.facebook.com/BMJ.Evidence.Based.Medicine/>



<http://blogs.bmj.com/bmjebmspotlight/>

### Subscription Information

*BMJ Evidence-Based Medicine* delivers relevant, trustworthy and impactful evidence by:

- Publishing original research that affects practice
- Providing debate, analysis and opinion on trusted evidence that matters for better healthcare
- Disseminating relevant research: saving you time and improving your practice.

*BMJ Evidence-Based Medicine* is owned by BMJ Publishing Group Ltd and publishes bimonthly.

For more information on subscription rates or to subscribe online please visit <http://ebm.bmj.com/pages/subscribe>

#### Institutional Rates 2019

**Print**  
£424

#### Online Only

Site licences are priced on FTE basis and allow access by the whole institution.

ISSN2515-446X (print)  
ISSN2515-4478 (online)

#### Personal Rates 2019

**Print** (includes online access at no additional cost)  
£264

#### Online Only

£124

Personal print or online only and institutional print subscriptions may be purchased online at <http://journals.bmj.com/content/subscribers> (payment by (MasterCard/Visa only).

Residents of some EC countries must pay VAT; for details call us or visit <http://journals.bmj.com/content/subscribers>

### Contact Details

#### Content Editor

Victoria Gladwin  
For ScholarOne queries  
E: [editorial.ebm@bmj.com](mailto:editorial.ebm@bmj.com)

#### Production Editor

Kate Spencer  
E: [production.ebm@bmj.com](mailto:production.ebm@bmj.com)

#### Customer support

For general queries and support with existing and new subscriptions:  
W: [support.bmj.com](http://support.bmj.com)  
T: +44 (0)20 7111 1105  
E: [support@bmj.com](mailto:support@bmj.com)

#### Self-archiving and permissions

W: [bmj.com/company/products-services/rights-and-licensing/](http://bmj.com/company/products-services/rights-and-licensing/)  
E: [bmj.permissions@bmj.com](mailto:bmj.permissions@bmj.com)

#### Advertising

W: [bmj.com/company/for-advertisers-and-sponsor/](http://bmj.com/company/for-advertisers-and-sponsor/)

#### Display Advertising ROW

Sophie Fitzsimmons  
T: +44 (0)20 3655 5612  
E: [sfzsimmons@bmj.com](mailto:sfzsimmons@bmj.com)

#### Online Advertising ROW

Marc Clifford  
T: +44 (0)20 3655 5610  
E: [mclifford@bmj.com](mailto:mclifford@bmj.com)

#### Display & Online Advertising Americas

American Medical Communications (AMC)  
T: +1 973 214 4374  
E: [rgordon@americanmedicalcomm.com](mailto:rgordon@americanmedicalcomm.com)

#### Reprints

##### Author Reprints

BMJ Reprints Team  
E: [admin.reprints@bmj.com](mailto:admin.reprints@bmj.com)

##### Commercial Reprints ROW

Nadia Gurney-Randall  
M: +44 (0)7866 262 344  
E: [ngurneyrandall@bmj.com](mailto:ngurneyrandall@bmj.com)

##### Commercial Reprints Americas

Ray Thibodeau  
T: +1 267 895 1758  
M: +1 215 933 8484  
E: [ray.thibodeau@contentednet.com](mailto:ray.thibodeau@contentednet.com)

#### For all other EBM journal contacts

<http://ebm.bmj.com/pages/contact-us/>