

Early Cardiovascular Disease Epidemiology

III. Prevention Trials Initiated from 1946 to 1976

“Defining” Publication of the Trial*	Common name of the Trial	Type (diet/drug) and stage**	Principal Investigator	Start Dates of the Trial
DIET				
Morrison LM. Reduction of mortality rate in coronary atherosclerosis by a low cholesterol-low fat diet. Am. Heart J 1951;42:538-545***	Morrison Diet-Heart Study	Diet (2°)	Morrison, LM.	1946-
Christakis G, Rinzler SH, Archer M, et al. The Anti-Coronary Club: A dietary approach to the prevention of coronary heart disease: A seven-year report. Am J Public Health. 1966;56(2):299-314.***	Anti-Coronary Club Trial	Diet (1°)	Christakis, G.	1957-
Leren P. The effect of plasma cholesterol lowering diet in male survivors of myocardial infarction. A controlled clinical trial. Acta Med Scand 1966;466;(Suppl):1-92.	Oslo Diet-Heart Study	Diet (2°)	Leren, P.	1957-
Turpeinen O, Miettinen M, Karvonen MJ, et al. Dietary prevention of coronary heart disease: Long-term experiment. Am J Clinical Nutrition 1968;21(4):255-276	Finnish Mental Hospital Study	Diet (1°)	Turpeinen, O.	1958-
Dayton S, Pearce ML, Goldman H, et al. Controlled trial of a diet high in unsaturated fat for prevention of atherosclerotic complications. Lancet 1968;2:1060-1062.	Wadsworth Veterans Administration Domiciliary Hospital Study	Diet (1°)	Dayton, S.	1959-
Bierenbaum ML, Green DP, Florin A, et al. Modified-fat dietary management of the young male with coronary disease. 5-year report. JAMA 1967;202(13):1119-1123.***	Bierenbaum-St. Vincent’s Hospital Study	Diet (2°)	Bierenbaum, ML.	1959-

British Medical Research Council. Controlled trial of soya-bean oil in myocardial infarction. Lancet 1968; 2:693-699.	British MRC Soya-Bean Oil Trial	Diet (2°)	British Medical Research Council	1960-
National Diet-heart Research Group. The National Diet-Heart Study Final Report. Circulation 1968;37 (3 Suppl):11-428.	National Diet Heart Pilot Trial	Diet (1°) (Pilot)	National Diet-heart Research Group	1962-
DRUGS-CHOLESTEROL LOWERING				
Committee of Principal Investigators. WHO cooperative trial on primary prevention of ischaemic heart disease with clofibrate to lower serum cholesterol: final mortality follow-up. Lancet 1984;2(8403):600-604.	WHO Cooperative (Clofibrate) Trial	Drugs (1°)	Committee of Principal Investigators (M. Oliver chairman)	1962-
Research committee of the Scottish Society of Physicians. Ischaemic heart disease: a secondary prevention trial using clofibrate. Br. Med. J 1971;4(5790):775-784.	Scottish Society of Physicians Clofibrate Trial	Drug (2°)	Research Committee of the Scottish Society of Physicians	1964-
Krasno LR, Kidera GJ. Clofibrate in coronary heart disease. Effect on morbidity and mortality. JAMA 1972;219(7):845-51.	United Airlines Study	Drug (1° and 2°)	Krasno, LR.	1966-
Coronary Drug Project Research Group. The Coronary Drug Project: findings with regard to estrogen, dextrothyroxine, clofibrate and niacin. Adv Exp Med Biol.1977;82:52-75.	Coronary Drug Project	Diet (2°)	Coronary Drug Project Research Group (Stamler, J. chairman)	1966-
Carlson LA, Rosenhamer G. Reduction of mortality in the Stockholm Ischaemic Heart Disease Secondary Prevention Study by combined treatment with clofibrate and nicotinic acid. Acta Med Scand 1988;223:405-418.	Stockholm Prevention Trial with Clofibrate and Niacin	Drug (2°)	Carlson, LA.	1972-

The Lipid Research Clinics Program Group. The Lipid Research Clinics Coronary Primary Prevention Trial results. I. Reduction in incidence of coronary heart disease. JAMA 1984;251:351-364.	Lipid Research Clinics (LRC) Coronary Primary Prevention Trial	Drug (1°)	Lipid Research Clinics Program Group	1973-
HYPERTENSION				
VA Cooperative Study on Hypertension. Effects of treatment on morbidity in hypertension. Results in patients with diastolic blood pressures averaging 115 through 129 mmHg. JAMA 1967;202;116-122	VA Cooperative Study on Hypertension	Drug (1°)	Freis, ED (Chair)	1962 -
VA Cooperative Study on Hypertension. Effects of treatment on morbidity and mortality in hypertension: II. Results in patients with diastolic blood pressure averaging 90 through 114 mmHg. JAMA 1970; 213:1143-1151.	VA Cooperative Study on Hypertension	Drug (1°)	Freis, ED (chair).	1962-
Smith WM. Treatment of mild hypertension: results of a ten-year intervention trial. Hypertension 1977; 40(Suppl 1): I-98-105	U.S. Public Health Service Hospitals Cooperative Study	Drug (1°)	Smith, W McFate	1966 -
Hypertension Detection and Follow-up Program Cooperative Group. Five-Year findings of the Hypertension Detection and Follow-up Program. I. Reduction in the mortality of persons with high blood pressure, including mild hypertension. JAMA 1979;242(23):2562-2571.	Hypertension Detection and Follow-up Program	Diet and Drug (1°)	Hypertension Detection and Follow-up Program Cooperative Group	1971-
Helgeland A. Treatment of mild hypertension: A five-year controlled drug trial. The Oslo Study. Am J Med 1980;69:725-732	The Oslo Study on Mild Hypertension I	Drug (1°)	Helgeland, A.	1972 -

Amery A, Birkenhäger W, Brixko P, et al. Mortality and morbidity results from the European Working Party on High Blood Pressure in the Elderly. Lancet 1985;ii:1349-1354	European Working Party on High Blood Pressure in the Elderly (EWPHE)	Drug (1°)	Amery, A.	1972 -
Parry CA. The Australian therapeutic trial in mild hypertension. Lancet 1980; i: 1261-1267	Australian National Blood Pressure Study	Drug (1°)	Management Committee	1973 -
SMOKING				
Rose G, Hamilton PJ, Colwell L, et al. A randomized controlled trial of anti-smoking advice: 10-year results. Journal of Epidemiology and Community Health 1982;34:102-108.	Whitehall Anti-smoking Trial	Lifestyle and anti-smoking advice (1°)	Rose, G.	1972-
MULTIFACTORAL				
University Group Diabetes Program Group. UGDP. A study of the effects of hypoglycemic agents on vascular complications in patients with adult-onset diabetes: II. Mortality results. Diabetes 1970;19 (Suppl 2):785-830.	University Group Diabetes Program (UGDP)	Drug/diet (1°)	University Group Diabetes Program Group	1960-
Wilhelmsen L, Berglund G, Elmfeldt D, et al. The Multifactor Primary Prevention Trial in Göteborg, Sweden. European Heart J 1986; 7: 279-288.	Göteborg Multifactorial Primary Prevention Trial	Diet and Drug (1°)	Wilhelmsen, L.	1970-

Multiple Risk Factor Intervention Trial Group. The Multiple Risk Factor Intervention Trial (MRFIT). A national study of primary prevention of coronary heart disease. JAMA 1976;235(8):825-827.	Multiple Risk Factor Intervention Trial (MRFIT)	Diet and Drug (1°)	Multiple Risk Factor Intervention Trial Group	1971-
Hjermann I. Smoking and Diet Intervention in Healthy Coronary High Risk Men. Methods and 5-year Follow-up of Risk Factors in a Randomized Trial. The Oslo Study. J Oslo City Hosp. 1980;30(1):3-17.	Oslo Study of Diet and Anti-smoking Advice	Diet and anti-smoking advice (1°)	Hjermann, I.	1972-
Miettinen TA, Huttunen JK, Naukkarinen V, et al. Multifactorial primary prevention of cardiovascular disease in middle-aged men. Risk factor changes, incidence and mortality. JAMA 1985;254:2097-2102	Multifactorial Cardiovascular Disease Prevention Trial in Helsinki Businessmen	Diet, Anti-smoking Advice and Drugs (1°)	Miettinen, T.A.	1974-

* The references are those that either defined the particular study and called international attention to it or presented the first substantive results. They are usually neither the very first nor the summative or final study reports.

** 1°=primary prevention

** 2°=secondary prevention

*** Non-randomized controls