

THE TRUST TEST

To help people sense-check health information, we've developed the **TRUST Test**, a simple tool to support more confident decision-making.

When you see health information:

T

TOO GOOD TO BE TRUE?

Does it promise unrealistic results or quick fixes?



R

RESEARCH-BACKED?

Does it trace back to scientific evidence rather than personal stories or opinions?



U

UNDERSTOOD?

Has the person sharing the information understood the dangers and risks, or have they downplayed the harms and promoted unproven remedies over appropriate medical care?



S

SOURCE QUALITY?

Does it come from a trusted organisation or scientific source? What do other experts say?



T

THINK BEFORE YOU SHARE

If it doesn't pass the TRUST Test, don't pass it on



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