

Recent PSA screening trial outcomes

- The ERSPC trial was a European study that included 162,243 men who were randomised to either PSA screening at one-, two- or four-year intervals or no screening. At 13 years' follow-up a 21% risk reduction in prostate cancer mortality and a 30% risk reduction in metastatic disease was identified with screening. This benefit however came at a cost. The number needed to be investigated was 1,055 in order to diagnose 37 cancers to prevent 1 death.⁹
- The CAP trial was a UK study that included 419,582 men aged 50-69 years. Men were randomised to either a group receiving no invitation to undergo screening or a group receiving a single invitation to undergo screening in a nurse-led community clinic. The study found that there was no difference in mortality between the groups after a median follow-up of ten years. Thus there was no evidence to support a single PSA test used alone to screen for prostate cancer.¹⁰
- In a UK trial that included 1,000 men aged 40-75 years, men were randomised to either the use of a PSA decision aid or no decision aid. The study found men who used a decision aid were more informed about the PSA test but more likely to have less positive attitudes to the test.¹¹