

Finding Online Health Information You Can Trust

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A good resource on Misinformation/Disinformation and how to spot it (TPL): [What is Misinformation and Disinformation?](https://tpl.ca/what-is-misinformation-and-disinformation/) (https://tpl.ca/what-is-misinformation-and-disinformation/)



Who

Ask yourself...

- Who created or shared this post/information?
- Are they credible?
- What other articles have they written?
- What is their motivation for this post? Financial gain / to influence / social or emotional reward / is it what they believe?



Health

- Do they have a medical degree (MD) or an advanced science degree (PhD)?
- Are they affiliated with a reputable institution (university or hospital)?



Individual biases

Ask yourself ...

- Have I seen this before? Familiarity gives the illusion of truth.
- Are my beliefs or pre-existing views impacting my judgement?



Health

- Am I biased because I'm hoping for a "miracle cure" or quick fix?
- Am I being persuaded by personal stories ("this worked for me") rather than evidence?



Search

Ask yourself ...

- How much do I know about this topic?
- When was the article published?
- Where can I find reliable sources?
- Am I being a rabbit (fast, automatic, and intuitive) or a turtle (slow, deliberate and analytical) in my thinking? Be a turtle!



Health

- If a study is cited, can I find the original source?
- Has it been peer-reviewed?



Experts

Ask yourself ...

- Who can I trust to help me verify this information. Healthcare professions, librarians, domain experts, online fact checkers.
- Media Smarts: <https://mediasmarts.ca/fact-checker>



Health

- Canadian-led initiative: <https://scienceupfirst.com>
- First Check: <https://firstcheck.in>
- MedlinePlus: <https://medlineplus.gov>