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Overview of Phase IV Clinical Trials Targeting COVID-19: Status Report of Studies Registered on the ClinicalTrials.gov Platform

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Authors' contributions

The participation of each author corresponds to the criteria of authorship and contributorship emphasized in the [Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly work in Medical Journals of the International Committee of Medical Journal Editors](https://www.icmje.org/). Indeed, all the authors have actively participated in the redaction, the revision of the manuscript, and provided approval for this final revised version.

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Conflict of interest

The authors declare that there is no conflict of interest regarding the publication of this article.

ABSTRACT

Introduction: Phase IV trials evaluate drugs' efficacy, safety, and tolerability in a real-world setting, which may provide evidence related to the safety of approved drugs. This study aimed to characterize the phase IV clinical trials registered at ClinicalTrials.gov targeting COVID-19 and reflect on future needs for post-marketing clinical trials.

Methods: A descriptive cross-sectional study was performed in the ClinicalTrials.gov database with phase IV clinical trials addressed to COVID-19. The search was carried out on March 23rd, 2021, considering search filters for this disease.

Results: A total of 146 protocols were retrieved through a structured search. The results showed the need to promote new, blinded, and larger sample-size phase IV clinical trials. 93.9% of the clinical trials were funded by individuals, universities, and organizations (category "other" funders), and 56.8% were open-label. America and Europe played a more critical role in phase IV clinical trials, with the former leading with 58 trials spread across five countries and the latter with 38 trials in 17 countries. More than two-thirds of the trials (69.8%) included 500 participants.

Conclusions: For the observed period, phase IV clinical trials registered in the ClinicalTrials.gov were dominated by short-term follow-up, open-label designs, small sample sizes, funded mainly by individuals, universities, and organizations, and centered mainly in America and Europe. The methodological features of future studies should be emphasized, namely adequate sample sizes, for which appropriate funding for the implementation of these studies is paramount.

Keywords: COVID-19; Pharmacovigilance, Pharmacoepidemiology, Clinical Trials, Phase IV as Topic, Registries.

INTRODUCTION

Clinical trials play a central role in the study and consequent approval of drugs. Although rigorous pre-marketing studies are required for all new medicines 1,2, the safety profile of a drug at the time of regulatory approval is often incomplete due to some characteristics of phase I–III trials 3, such as sample size/limited number of individuals, short duration/limited follow-up time, strict inclusion criteria and/or exclusion of special populations (e.g., pregnant, elderly or polymedicated), meaning that the characteristics of these drugs are not known in-depth 4. If effectiveness is of great importance in the post-marketing phase, safety is the cornerstone in monitoring the drug's behavior under actual conditions of use. Adverse drug reactions constitute an essential and worrying public health problem associated with high morbidity and mortality, being identified as the fourth and sixth causes of death, after heart disease, cancer, and stroke 5, and are associated with a large share of annual health costs in developed countries 6. In the past, post-marketing research, post-marketing surveillance, and pharmacovigilance were identical concepts to "phase IV studies" as the main activities of regulatory agencies were focused on monitoring adverse drug reactions 7.

However, not all research required by regulatory agencies is focused on safety issues. Phase IV clinical studies can be defined as extensive studies, which may or may not be randomized trials, conducted after a drug is approved by a regulatory agency such as the U.S. Food and Drug Administration (FDA) and European Medicines Agency, often to evaluate additional therapeutic uses and drug's safety over a longer-term than is possible in a phase III trial 4. Compared to pre-marketing phase I–III trials, phase IV clinical studies evaluate the drug in a real-world setting, which may provide evidence to ensure or further refine the safety of approved drugs 3,8,9. Phase IV studies assume methodological variations in the field of pharmacoepidemiologic studies than the preceding clinical trials (early I, I, I/II, II, II/III, III phases), i.e., may have a wider variety of designs 10. Examples of study designs that might fall under the post-marketing research are phase IV clinical trials, practice-based clinical experience studies, large simple trials, equivalence trials, post-marketing surveillance studies such as effectiveness studies, pharmacovigilance studies, and pharmaco-economic studies 8. However, ClinicalTrials.gov phase IV studies are defined as "clinical trials occurring after FDA has approved a drug for marketing. They include post-market requirement and commitment studies that are required of or agreed to by the study sponsor" 11. Thus, and based on the categorization of this database, only clinical trials in phase IV are considered, leaving out other clinical study designs – such as observational studies – which would also be valid at this phase.

In the current era of the coronavirus disease 19 (COVID-19) pandemic, the development of drugs for this disease, including vaccines, will need to be fast-tracked through the usual pre-licensing development stages¹². At issue are drugs approved for COVID-19 and others approved for other therapeutic indications and are now understudied for this disease. However, in the current scenario, the surveillance of COVID-19 drugs in the real-world setting becomes even more paramount. Post-authorization studies for safety and effectiveness complement prelaunch clinical trials and not replacements¹³.

All these assumptions support the strong need identified for clinical trials in the post-marketing phase (post-authorization safety/efficacy studies) – and not just in the pre-marketing phase – encouraging the realization of randomized and double-blind studies. This study aimed to characterize the phase IV clinical trials registered at ClinicalTrials.gov targeting COVID-19 – new drugs or already approved for other therapeutic indications – and reflect on future needs for post-marketing clinical trials. We focus on variables that are desirable for generating reliable evidence from clinical trials, including sample size and factors associated with randomization and blinding.

METHODS

A descriptive cross-sectional study was performed in the ClinicalTrials.gov database with phase IV clinical trials addressed to COVID-19. ClinicalTrials.gov is a web-based resource that provides easy access to publicly and privately supported clinical studies on a wide range of diseases and conditions and was first launched in February 2000. This public trial registry, maintained by the National Library of Medicine at the U.S. National Institutes of Health (NIH), aggregates several clinical interventions (clinical trials in different phases) and observational studies¹¹. Hence, the ClinicalTrials.gov registry is considered the most comprehensive source for clinical trial information worldwide^{14,15,16}.

Clinical trials retrieved from a search performed on March 23rd, 2021, applying filters for disease (using the terms Covid19, SARS-CoV-2, Severe Acute Respiratory Syndrome Coronavirus 2, 2019-nCoV, 2019 novel coronavirus, Wuhan coronavirus) and study phase (IV) at ClinicalTrials.gov database were eligible for inclusion. Observational studies were not considered for inclusion since this database only considers clinical trials in phase IV of the study type. No sample size was formally calculated since all the survey results were included in the analysis. The variables included were: start date (1st and 2nd semester 2020, and 1st and 2nd semester 2021), expected duration of the study (≤ 12 , 13–24, 25–36, 37–45, ≥ 46 months), status (not yet recruiting; recruiting; enrolling by invitation; active, not recruiting; terminated; completed; withdrawn; suspended), age of participants (child [birth–17y], adult [18y–64y], older adult [65y+]), primary purpose (prevention, treatment, supportive care, other), intervention type (drug, device, procedure, behavioural, biological, dietary supplement, radiation, diagnostic test, combination product, genetic, other; all kinds of available approaches were considered), anticipated enrolment (0–100, 101–500, 501–1000, 1001–5000, 5001–10000, >10000), masking (open-label, single-blind, double-blind, triple-blind, quadruple-blind), allocation (randomised, non-randomised), interventional model (parallel assignment, single group assignment, sequential assignment, crossover assignment, factorial assignment), founding source (industry, NIH, U.S. Federal, other) and location where the studies are being conducted. The selected variables were obtained from the

database's information, based on the sponsor's and researchers' information in submitting the study on this platform. The variables' absolute and relative frequencies were calculated using descriptive statistics with R version 4.0.4 (R: A language and environment for statistical computing).

RESULTS

A total of 146 protocols were retrieved through a structured search. Most of the clinical trials included were in adults and older adults (91.1%), although a small percentage also included children (4.1%), or just one of the age groups - adults (3.4%) and older adults (1.4%). Overall, the highest percentage of trials were recruiting (49.3%), were expected to start in the first semester of 2020 (46.6%), had an expected duration ≤ 12 months (64.4%), had treatment as the primary purpose (75.3%), used drugs as single intervention (72.6%), had small sample sizes (0-100 participants; 41.7%), were open-label (56.8%), were randomized (91.5%), were parallel assignment (85.6%) and had funding sources from institutions other than the industry, the NIH, and the U.S. Federal (83.6%). There were also mixed sources of funding from the industry or NIH with funds other than these, even if residual (9.6% and 0.7%, respectively) (Table 1).

The location of the conduction of the clinical trials shows that they are widely distributed across the globe across four continents: America (58 trials in 5 countries), Europe (38 trials in 17 countries), Asia (26 trials in 9 countries), and Africa (13 trials in 5 countries). Twelve clinical trials present no reference to location.

Table 1: Characteristics of phase 4 clinical trials registered at ClinicalTrials.gov targeting COVID-19.

Variables	Studies registered in ClinicalTrials.gov No./Total No. (%)
Start date	
1 st semester 2020	68/146 (46.6)
2 nd semester 2020	48/146 (32.9)
1 st semester 2021	29/146 (19.9)
2 nd semester 2021	1/146 (0.7)
Expected duration (months)	
≤ 12	94/146 (64.6)
13-24	39/146 (26.7)
25-36	10/146 (6.8)
37-45	2/146 (1.4)
≥ 46	1/146 (0.7)
Status	
Recruiting	72/146 (49.3)
Not yet recruiting	26/146 (17.8)
Completed	19/146 (13.0)
Active, not recruiting	8/146 (5.5)
Enrolling by invitation	8/146 (5.5)
Withdrawn	7/146 (4.8)
Terminated	4/146 (2.7)
Suspended	2/146 (1.4)
Age of participants (years)	
Adult, Older Adult	133/146 (91.1)
Child, Adult, Older Adult	6/146 (4.1)
Adult	5/146 (3.4)
Older Adult	2/146 (1.4)
Primary purpose	
Treatment	110/146 (75.3)
Prevention	32/146 (21.9)
Supportive care	3/146 (2.1)
Other	1/146 (0.7)
Intervention type	
Single intervention type	123/146 (84.3)
Drug	106/123 (86.2)
Biological	15/123 (12.2)
Dietary supplement	2/123 (1.6)

Multiple intervention type	23/146 (15.8)
Drug Combination Product	2/23 (8.7)
Drug Device	2/23 (8.7)
Drug Dietary supplement	3/23 (13.0)
Drug Other	12/23 (52.2)
Biological Behavioral	1/23 (4.4)
Biological Other	2/23 (8.7)
Dietary supplement Combination product	1/23 (4.4)
Anticipated enrollment (no. of participants)	
0-100	58/146 (41.7)
101-500	39/146 (28.1)
501-1000	19/146 (13.7)
1001-5000	16/146 (11.5)
5001-10000	3/146 (2.2)
>10000	4/146 (2.9)
Study type	
Interventional	146/146 (100)
Masking	
Open-label	83/146 (56.8)
Single-blind	17/146 (11.6)
Double-blind	16 /146 (11.0)
Triple-blind	13/146 (8.3)
Quadruple-blind	17/146 (11.6)
Allocation	
Randomised	118/146 (91.5)
Nonrandomized	11/146 (8.5)
Intervention model	
Parallel assignment	125/146 (85.6)
Single group assignment	18/146 (12.3)
Sequential assignment	1/146 (0.7)
Crossover assignment	1/146 (0.7)
Factorial assignment	1/146 (0.7)
Founding source	
Industry	9/146 (6.2)
Industry Other	14/146 (9.6)
NIH Other	1/146 (0.7)
Other	122/146 (83.6)

Table 2: Geographical characterisation of phase 4 clinical trials registered at ClinicalTrials.gov targeting COVID-19.

Continent	Country	Studies registered in ClinicalTrials.gov No./Total No. (%)
Europe	Netherlands	4/146 (3.0)
	Norway	2/146 (1.5)
	Poland	1/146 (0.7)
	Belgium	2/146 (1.5)
	Czechia	2/146 (1.5)
	Denmark	2/146 (1.5)
	Slovenia	1/146 (0.7)
	Spain	10/146 (7.5)
	Sweden	1/146 (0.7)
	Ukraine	1/146 (0.7)
	United Kingdom	3/146 (2.2)
	France	3/146 (2.2)
	Germany	1/146 (0.7)
	Greece	1/146 (0.7)
Ireland	1/146 (0.7)	
Italy	1/146 (0.7)	

Africa	Mozambique	1/146 (0.7)	
	Cameroon	1/146 (0.7)	
	Egypt	9/146 (6.7)	
	Tunisia	1/146 (0.7)	
	Guinea-Bissau	1/146 (0.7)	
Asia	Pakistan	4/146 (3.0)	
	Qatar	2/146 (1.5)	
	Russian Federation	1/146 (0.7)	
	Saudi Arabia	1/146 (0.7)	
	China	9/146 (6.7)	
	Thailand	1/146 (0.7)	
	Turkey	1/146 (0.7)	
	Hong Kong	1/146 (0.7)	
	India	1/146 (0.7)	
	Iran	4/146 (3.0)	
	Israel	1/146 (0.7)	
	America	Mexico	3/146 (2.2)
		Argentina	5/146 (3.7)
Brazil		9/146 (6.7)	
Canada		1/146 (0.7)	
United States		39/146 (29.1)	

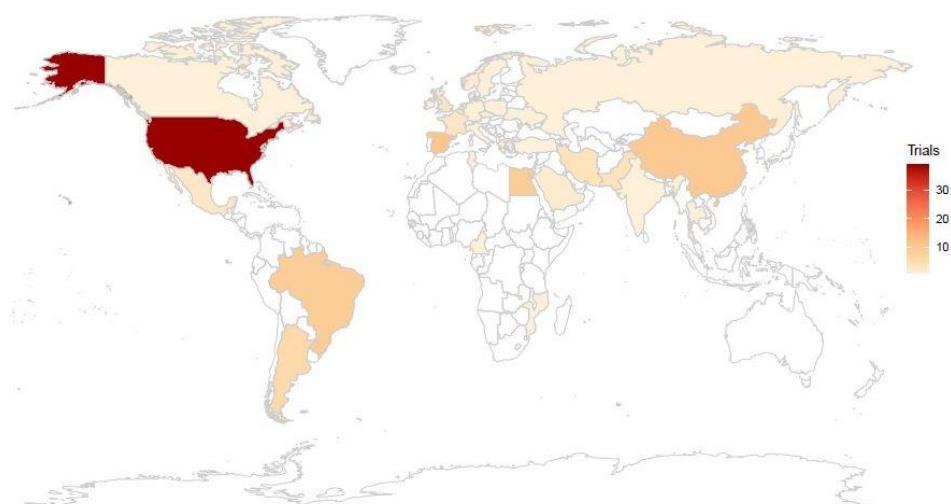


Figure 1. Worldwide distribution of the location of phase 4 clinical trials registered at ClinicalTrials.gov targeting COVID-19.

DISCUSSION

This study provided a descriptive assessment of phase IV clinical trials at a time of pandemic crisis, identifying areas of relative weakness – research gaps - or strength, joining efforts to monitor and analyze the actual use of these products in daily clinical practice. Based on the literature search, we are strongly convinced that this is the first study conducted on the landscape of phase IV clinical trials targeting COVID-19.

Compared to prior analyses assessing the overall quality of the clinical trials landscape 16, our results showed some interesting findings. However, our results characterize the clinical trials that have started just months after the beginning of the COVID-19 pandemic. Even so, many disparities identified in our study are corroborated by previous studies, namely concerns that included a relatively high prevalence of clinical trials with inadequate sample sizes and insufficiently described methodologies 17,18.

First, most randomized, open-label, phase IV interventional studies with a low expected duration (≤ 12 months). Califfs et al. 16 research revealed that 3.3% of all interventional clinical trials registered from October 2007 through September 2010 were terminated or withdrawn. We identified that 4.8% of the trials were withdrawn and 2.7% were closed, which should be considered without significant concerns. Furthermore, 39.7% of the clinical trials were already complete by March 31st, 2021, so it should be possible to draw positive

or negative conclusions about drugs' efficacy, safety, and tolerability with different action mechanisms.

Second, 93.9% of the clinical trials were funded by individuals, universities, and organizations (category "other" funders), of which 0.7% had accrued financial support from the NIH. Only 15.8% of clinical trials had direct support from the industry, of which 9.6% accumulated from other funding sources. Still, it is interesting to raise hypotheses that motivate the industry to advance to phase IV clinical trials. Regulatory agencies may require them or by industry initiative. In the latter, there may be interest in expanding the portfolio of therapeutic indications of its approved products. In the particular case of COVID-19, a potential interest by the industry is to be expected, as many drugs under study result from "drug repurposing" initiatives for previously approved drugs. Additionally, the centrality of research outputs to academic recognition and promotion creates a much more compelling incentive to undertake research among academics than practice-based health professionals 19,20.

Third, phase IV clinical trials can have several designs, and single-arm, non-randomized, or open-label trials are valid. The most clinical registered trials identified in our analysis were open-label (56.8%). Since most of our trials were not funded by the industry, we would expect blinding to be more significant than open-label trials. We know that academic clinical trials are more likely to use blinding than industry. An earlier analysis crossed ClinicalTrials.gov trials with the European Union Clinical Trials Register, identifying nine phase IV trials targeting COVID-19 21. All randomized controlled trials were aimed at adults and older adults, among which five of the trials were open-label, three were single-blind (participant), and one was double-blind.

Fourth, America and Europe seem to play a more critical role in phase IV clinical trials, with the former leading with 58 trials spread across five countries and the latter with 38 trials in 17 countries. The significant investment in research projects, the wide dissemination of open calls for clinical studies, the encouragement of American and European regulatory agencies to promote new clinical trials, and the strong connection between academia and clinical centers might be potential explanations for these findings. Also, clinical trials registration practices may be done in databases other than the ClinicalTrials.gov registry in many countries.

Compared to pre-marketing trials, phase IV trials evaluate drugs' efficacy, safety, and tolerability in a real-world setting, which may provide evidence related to the safety of approved drugs 22,23. When a broader search is carried out, the number of clinical studies in progress targeting COVID-19 is much higher and needs to be constantly updated 24,25. With the approval of new drugs, medical devices, and other health products aimed at the treatment and/or prophylaxis of COVID-19, an increase in the number of phase IV trials is expected, independent research teams at the producers' initiative or by the regulatory authorities.

Lastly, more than two-thirds of the trials (69.8%) include up to 500 participants. Small sample sizes can lead to low power (e.g., difficulty in identifying rare adverse events), compromising the external inference of results. Although small phase IV studies might be used to evaluate the effectiveness of health technology in the form of a drug in special subgroups of patients, the studies that we have reported are not only directed to these populations; therefore, larger sample sizes would be expected 3. Still, clinical trials with small sample sizes are unlikely to be sufficiently informative in other contexts, such as establishing evidence of efficacy or comparing effective treatments for better decisions in clinical practice 26,27,28. Additionally, budget, time, personnel, and other resource limitations can justify not constituting large recruitment pools 29.

This article performed a status report for studies registered on the ClinicalTrials.gov platform specifically targeting COVID-19. Post-marketing studies have been unambitious in their designs, advancing with small samples, brief follow-up periods, and no blinding. Although this analysis has focused on clinical trials, observational and cost-effectiveness studies were also considered, as well as data mining tools and updated safety databases. Additional randomized, blinded clinical trials involving different standard comparators than were used in early phases may be undertaken to differentiate the investigational drug further from other agents 30.

Our research also identified that most post-marketing studies were not industry-funded. However, this trend will be growing, strongly driven by placing new COVID-19 targeting products on the market. In our vision for the future, the pharmaceutical industry must have a more significant commitment to implementing clinical trials in the post-marketing phase, whether they are aimed at COVID-19 or other emerging conditions. Sometimes there may be a lack of interest in promoting these studies at the initiative of market authorization

holders. Companies can adopt a policy of channeling resources to phase III studies, which can be synonymous with introducing new products on the market. However, we must also not forget that phase IV studies can reveal new clinical hypotheses, namely, to explore new formulations, interactions with other drugs, new indications, other patentable innovations, and new population groups such as pregnant women 31.

A final topic of debate that deserves discussion refers to the globalization of clinical research and its registration on multiple platforms 32,33. Although World Health Organization (WHO) provides a portal to many clinical trial registries, notably phase IV clinical trials, no duplication in the registries is recognized, nor are the datasets of interest available for download 34 (e.g., reasons for clinical trials withdrawal).

There are some inevitable limitations in this study. First, it only included clinical trials registered in ClinicalTrials.gov, so other trials not registered in this database were not included. We are aware that we restricted our focus to only one clinical trial registry, potentially underestimating the current evidence. Second, some residual missing data were identified in some fields but without great relevance for the final analysis. Even so, all of these findings raise important issues that must be addressed through systematic and targeted procedures, with improvement in the designs employed in future clinical trials targeting this disease or other emerging public health conditions.

CONCLUSION

We found that post-marketing clinical trials - phase IV - targeting COVID-19 were dominated by short-term follow-up, open-label designs, small sample sizes, funded mainly by individuals, universities, and organizations, and centred mainly in America and Europe. These findings raise questions about the capacity of the phase IV clinical trials to provide sufficient amounts of high-quality evidence in the effectiveness and safety of drugs already approved and available in clinical practice. The methodological features of future studies should be emphasized, namely adequate sample sizes, for which appropriate funding for the implementation of these studies is necessary.

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