Robust evidence

Robust evidence refers to high-quality, reliable, and reproducible data that support a scientific claim or clinical intervention. It is typically generated through well-designed studies with appropriate methodology, adequate sample size, statistical validity, and peer-reviewed publication.

In neurosurgery, robust evidence often comes from:

- Randomized controlled trials (RCTs)
- Systematic reviews and meta-analyses
- Large-scale prospective cohort studies with clearly defined outcomes
- Studies demonstrating clinical effectiveness, patient safety, and long-term impact

Robust evidence stands in contrast to anecdotal reports, narrative reviews, or descriptive aesthetic showcases that lack control groups, quantification, or generalizability. It forms the foundation for evidence-based practice and is essential before recommending widespread adoption of new techniques or technologies.