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Published in:
Research in Veterinary Science

DOI:
[10.1016/j.rvsc.2022.03.003](https://doi.org/10.1016/j.rvsc.2022.03.003)

Publication date:
2022

License:
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Document Version:
Accepted author manuscript

[Link to publication](#)

Citation for published version (APA):
Blotwijk, S., Hernot, S., & Barbé, K. (2022). Group sequential designs for in vivo studies: Minimizing animal numbers and handling uncertainty in power analysis. *Research in Veterinary Science*, 145, 248-254.
<https://doi.org/10.1016/j.rvsc.2022.03.003>

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1 **Group sequential designs for in vivo studies: Minimizing** 2 **animal numbers and handling uncertainty in power analysis**

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9 **Interim analysis is the practice of performing a statistical analysis when the data have only**
10 **been partially collected, for example, to save resources or to handle the uncertainty of the**
11 **true effect size. Most statistical designs featuring interim analysis have been developed**
12 **either in a general statistical setting or for application in clinical trials. As a result, most of**
13 **them make assumptions and have conditions that in a preclinical setting are usually not**
14 **met. In this paper, we present necessary changes to the most common forms of interim**
15 **analysis enhanced for animal experiments, specifically for the t-test and the one-way**
16 **ANOVA. Finally, we present software that allows freeware use to serve the research**
17 **community to facilitate the design of experiments featuring interim analyses.**

18 **The app can be found at icds.be/gsd-designer. It is in the public domain and its code can be**
19 **found on github.com/ICDS-vubUZ/gsd-designer. In this GitHub folder, one can also find a**
20 **tutorial for the app.**

21 The use of interim analyses is common in clinical trials, due to its potential benefits. An
22 appropriate statistical design featuring an interim analysis can reduce the sample size for an
23 experiment by 20% (Neumann et al., 2017; Wassmer and Brannath, 2016), which can bring
24 significant practical, financial, and ethical benefits. Such a design can also be used to help balance

25 concerns in power analysis caused by the uncertainty of the effect size. This is especially applicable
26 in preclinical studies involving animals, where generally very little information is available in
27 advance, making it hard to estimate an appropriate sample size.

28 Given the potential benefits, it should be no surprise that several papers (Fitts, 2011, 2010;
29 Ludbrook, 2003; Maïofiss-Dullin et al., 2007; Neumann et al., 2017; Steward and Balice-Gordon,
30 2014; van Wilgenburg et al., 2003) have been written to investigate or encourage the use of
31 interim analyses in preclinical studies. The papers by van Wilgenburg et al. (2003), and Steward
32 and Balice-Gordon (2014) have a much wider scope and do not discuss any particular models
33 which should be used. Others (Ludbrook, 2003; Maïofiss-Dullin et al., 2007; Neumann et al., 2017),
34 despite being explicitly written for animal experiments, describe methods which are unsuitable
35 for this context, or at the very least are severely suboptimal. This is either because they use bounds
36 that are only suitable at large sample sizes or because they lose a considerable amount of statistical
37 power in ways that could easily have been avoided by enhancing the design mathematically. To
38 the best of our knowledge, only the bounds proposed by Fitts (2011, 2010) are truly suitable for
39 the preclinical context for which they were intended. However, they are inflexible both for
40 handling data loss and for error spending, thereby usually requiring a higher maximum total
41 sample size.

42 In this paper, we discuss the use of interim analyses in the context of the null hypothesis
43 significance testing (NHST) framework. While the use of p-values to draw conclusions is flawed
44 and often misinterpreted (Tong, 2019; Ziliak and McCloskey, 2008), it remains the dominant form
45 of statistical analysis in scientific literature. In order to counter some of the problems created by
46 the NHST, it is becoming more common to encourage or even require reporting of the magnitude
47 effect and its uncertainty, rather than overly focusing on statistical significance (Betensky, 2019;
48 Sullivan and Feinn, 2012). As such, the impact of using interim analyses on the estimate of the
49 effect size and its confidence interval are also discussed in this paper.

50 **Problem statement and objectives**

51 **Problem statement**

52 Consider a study with a few experimental treatments and a control group. In a classical
53 experimental design, we would wait until all measurements are made, all the data have been
54 collected, and only then do we perform statistical analysis. However, it is also possible to perform
55 an analysis when only part of the data was collected, obtain a significant result, and finish the
56 study. If the result is not significant, but still sufficiently promising, we can continue collecting
57 more data and re-evaluate later. This practice is referred to as performing an interim analysis and
58 when performed correctly, this can have significant benefits. Obtaining a significant result early
59 will save time, effort, and resources required to collect the remaining measurements, as well as
60 minimize the number of animals to be used and prevent associated animal suffering. Performing
61 interim analyses can be done solely with those aspects in mind, but it can also solve more
62 problematic issues rendered by classical designs

63 The gold standard for sample size calculation is through power analysis (Silverman et al., 2014;
64 van Wilgenburg et al., 2003), where the resulting sample size will depend on the assumed effect
65 size. However, the true effect size is uncertain in advance; otherwise, there would be little value
66 in performing the experiment. When we expect the effect size to be larger than the minimal
67 scientifically relevant difference, it can be difficult to determine an appropriate sample size. We
68 do not want to end up with non-significant results merely because we were too optimistic about
69 our effect size, nor do we want to overspend and cause unnecessary suffering just because we
70 were too cautious. Adding interim analyses balances those considerations.

71 Researchers have also reported issues in power analysis sample size determination due to
72 practical limitations in terms of personnel and equipment (Fitzpatrick et al., 2018). The required
73 sample size may be larger than what can be processed at once, e.g. due to labor-intensive animal
74 procedures and data collection processes, or limitations in housing capacity. Such constraints

75 create an extra burden on researchers and while a sequential design cannot completely remove
76 this problem, it can certainly make it generally less burdensome.

77 Another dilemma resolved through interim analysis occurs in case of larger than expected data
78 loss. In this case, the researcher can either collect a second batch of data, to compensate for the
79 data loss, or perform the data analysis with the limited data available, knowing that the design is
80 underpowered. The latter option contains a significant risk that even if a meaningful effect is
81 present, it will not be significant. On the other hand, the former option might significantly prolong
82 the duration of the experiment. In such circumstances, performing an interim analysis can prevent
83 this in case the results are significant, but without the need to discard the collected data if the
84 interim result was not significant. Either way, the design will be sufficiently powered. Some extra
85 precautions need to be taken when implementing an interim analysis for these reasons. These are
86 discussed in appendix B.

87 Regardless of the reason for performing an interim analysis, there are some consequences. When
88 we set a significance level, it is meant to limit the probability of a false positive, the type I error. If
89 we perform multiple analyses, we have multiple opportunities to obtain a significant result, so our
90 total probability of a false positive increases. Similarly, if we decide to stop early because the data
91 seems insufficiently promising, this decreases the total probability of obtaining a significant result.
92 However, it also increases the probability of a false negative, the type II error. Both types of errors
93 can be controlled by adapting each analysis to that p-value at which our result is significant and
94 from which p-value our treatment is insufficiently promising to continue our experiment.

95 If we want to increase the probability of getting a significant result early, then we can increase the
96 allowed probability of a false positive at an earlier analysis. To control the type I error, the total
97 probability of a false positive under the null hypothesis needs to stay the same. In order to
98 compensate for the increase at the earlier analysis, we need to decrease the probability of getting

99 a significant result at a later analysis. However, at the later analysis, we have a larger total sample
100 size, so more power. If the loss of power is too severe, we can compensate by slightly increasing
101 the sample size at the last analysis. These levels of freedom are studied and adapted to enhance
102 and optimize animal studies in this paper.

103 **Experimental set-up**

104 The statistical designs we discuss in this paper are Group Sequential Designs (GSD). In this type of
105 design, interim analyses provide the opportunity to determine if the results are (in)sufficiently
106 significant and to end the experiment early.

107 In this article, we discuss GSDs for the t-test and the one-way ANOVA only. Just as in a fixed sample
108 size experiment, i.e. a design without interim analysis, we assume the data to be identically and
109 independently distributed. This means the experimental design is not changed once the
110 experiment has started, the same procedures, dose, mouse type, etc. are used in the first set of
111 collected data points as in all proceeding measurements.

112 Similarly, the statistical design and the rules for the GSD should not be changed once the
113 experiment has started. The most important reason is that once one has knowledge of the data,
114 any change to the model almost certainly introduces a bias rendering conclusions unreliable. The
115 second reason is practical, namely that the choice of sequential design will influence the sample
116 size calculation. Therefore, determining the appropriate statistical design should be done
117 simultaneously with the power analysis.

118 Nowadays, GSDs are considered to be a special case of adaptive designs. Other types of adaptive
119 designs may or may not have this same ability to stop early, but mainly they allow to change key
120 features of the design at the time of the interim analysis, e.g. doses or number of experimental
121 branches. These extra adaptive features are often unsuitable for hypothesis testing at small
122 sample sizes, or they reduce the power of the test, requiring a larger sample size to compensate

123 (Jennison and Turnbull, 2005; Kelly et al., 2005; Tsiatis and Mehta, 2003; Wassmer and Brannath,
124 2016).

125 Such adaptive designs might certainly be of interest in explorative preclinical experiments or to
126 merge experiments that are currently performed separately. In this paper, however, we focus on
127 improving on, and dealing with issues in, hypothesis testing experiments as they are currently
128 performed in preclinical settings. As such, the GSDs are the most powerful and most suitable
129 designs for this confirmatory context. Additionally, GSDs are more similar to traditional statistical
130 designs and hence easier to learn and use for most researchers.

131 **Existing methodology**

132 The main difference between various GSDs is generally the choice of critical values, i.e. the values
133 that the test statistics need to exceed or not in order to be considered significant or to be
134 insufficiently promising to continue the experiment. One of the older and better-known GSDs are
135 the Pocock bounds (Pocock, 1977). These keep the critical values the same over all analyses, which
136 has the advantage that they are easy to use. A significant downside is that this method is not very
137 statistically powerful. They can also lead to the awkward situation where an effect is not found to
138 be statistically significant despite the test statistic being much larger than it would have to be for
139 a fixed sample design. The O'Brien-Fleming bounds (O'Brien and Fleming, 1979) reduce these
140 problems by having stricter bounds at early analyses and less strict as more data is collected. The
141 alpha spending approach developed by Lan and Demets (1983) allows the user to specify exactly
142 how strict or flexible they wish to be early on.

143 Both the Pocock and the O'Brien-Fleming bounds are fixed bounds designs, which require the
144 number of interim analyses and the amount of data collected at each analysis to be determined in
145 advance. The alpha spending approach is more flexible and can easily be adapted in case the data
146 collection does not go as planned, e.g. in case of data loss. In theory, the alpha spending approach

147 does not even require the number of analyses to be fixed in advance, although doing so is not
148 advised in practice.

149 Originally, all these methods were only developed to stop early for significance. Since then, natural
150 extensions of each of these methods have been published to stop early for futility, i.e. for
151 insufficiently promising data. While the above methods are in theory not restricted to any specific
152 test, applying the theory is easier in some cases than in others. The bounds or software packages
153 one will find in practice are often calculated for normally distributed test statistics. At the time of
154 writing, this is the case in the original papers themselves in the SEQDESIGN procedure for SAS and
155 the gsDesign R-package. The reason for this is that many test statistics asymptotically approach a
156 normal distribution if the sample size is sufficiently large. This asymptotic approximation works
157 well if the sample size is large, as is common in clinical trials, but becomes inaccurate at the smaller
158 sample sizes generally used in preclinical studies.

159 For preclinical studies, Fitts (2011, 2010) obtained Pocock-style bounds through simulation for
160 several different tests commonly used in preclinical research. In the context of clinical trials with
161 small sample sizes, Shao and Feng (2007) did the same for Pocock-style bounds of the t-test. The
162 reason Fitts' and Shao and Feng's bounds differ, is that the former provides significance bounds
163 for the p-values, whereas the latter provides them for the test statistics. For normally distributed
164 test statistics both approaches have the same result, therefore in the original Pocock paper this
165 distinction was not relevant and as such not discussed.

166 As for the alpha spending approach, techniques for small sample sizes have only been discussed
167 in the clinical context and only for the t-test. Rom and McTague (2020) have described a numerical
168 technique to calculate the exact significance bounds for designs with only one interim analysis and
169 no futility bounds. For designs with beta spending and/or with more analyses, Nikolakopoulos et

170 al. (2018) discuss an approximate analytical correction to improve the significance bounds of the
171 normal asymptotic approximation.

172 In this paper, we extended the formulas for the exact approach of Rom and McTague to calculate
173 exact futility bounds as well. We improved the analytical approximation of Nikolakopoulos et al.
174 Consequently, we also provide several recommendations on how to simulate and evaluate the
175 critical bounds, the nominal error level, and the power quickly and with the desired level of
176 accuracy.

177 **Objectives**

178 The main objective of this paper is to propose efficient group sequential designs for the preclinical
179 setting. This includes providing methods to approximate the corresponding critical values such
180 that the correct significance level and power level are achieved at the small sample sizes common
181 in these types of experiments. Additional properties in the designs we discuss, are the flexibility
182 to handle data loss efficiently and a minimization of the expected costs, sample size, and/or
183 duration of the experiment.

184 A secondary objective is to facilitate the design of such experiments by providing open-source
185 software and by providing technical details useful for design purposes in a preclinical context.

186 **Toy example**

187 To illustrate the concepts in this paper, we apply them to a toy example. This toy example is an
188 experiment on mice where the researchers wish to investigate the difference between a treatment
189 group and a control group. This same control group has been used for other experiments in the
190 past, so the mean and standard deviation we expect there are estimated with values of 1 and 0.1
191 respectively.

192 The treatment group, on the other hand, is completely new. From similar experiments, the
193 researchers think it is likely that the treatment group can outperform the control group with a

194 mean that is 20% higher. However, if we are sufficiently confident that the improvement is less
195 than 14%, this is a strong enough claim to publish and justify not pursuing follow-up experiments.
196 Here, sufficiently confident is $1 - \beta = 80\%$, the desired power of the design. The significance level
197 in this experiment is the usual $\alpha = 5\%$. If we are 95% confident that the improvement is larger
198 than 0%, this is a strong enough claim to publish and justify follow-up experiments.

199 The researchers will compare these two groups using a one-sided t-test, for which the effect size
200 is called Cohen's d (Cohen, 2013). By combining all the above information, one obtains a likely
201 effect size of 2 and a minimally relevant effect size of 1.4. Under a normal fixed sample design, the
202 minimum sample size to obtain sufficient power for the minimally relevant effect size is 8 mice
203 per group or 16 mice in total.

204 The process of collecting the data from these mice is very labor-intensive and as a result, only 6
205 mice can be processed per day. This means that the total data collection process will take 3 days.
206 In this toy example, the researchers choose to perform a statistical test at the end of each day.

207 **Revisiting alpha and beta spending**

208 **Alpha spending**

209 The alpha spending approach is a type of group sequential design developed by Lan and Demets
210 (1983). Unlike earlier designs, such as the Pocock (1977) and O'Brian-Fleming (1979) bounds, this
211 approach allows considerably more flexibility in choosing when and how often to perform interim
212 analyses. This is done by defining how large the type I error is allowed to be at any point in time
213 during the experiment. A larger type I error allowed at an earlier analysis increases the probability
214 of stopping early and thereby saving more time and resources. Since the increase in power at the
215 earlier analysis is smaller than the loss of power at later analyses, the price paid is that the total
216 power of the experimental design decreases.

217 Based on the allowed type I error probabilities, we can calculate critical values determining the
218 threshold for significance. This can be done either for the test statistics, in which case they are
219 called significance bounds, or for their corresponding p-values.

220 These test statistics or p-values are calculated the same way as without interim analysis. Most, if
221 not all, commonly available statistical software return these values for a normal t-test or one-way
222 ANOVA. We conclude the result is significant if the test statistic is larger than the significance
223 bound or if the obtained p-value is smaller than the critical p-value. Mathematically speaking,
224 these two approaches are completely equivalent. From a researcher's perspective, however, they
225 might not be.

226 One reason is that in traditional designs, the p-value is the probability that the null-hypothesis is
227 rejected, in the case that the null-hypothesis is true.. After the first interim analysis, that is no
228 longer the case. Since the data from our first interim analysis is also used in the second analysis,
229 there is a correlation between their test statistics and hence the traditional probability
230 distributions no longer apply. An example of the difference between the critical values for the p-
231 values and the actual probability of a type I error is illustrated for a specific design for the toy
232 example in table 1. Because of this difference, our intuitive understanding of what these p-values
233 mean, tends to be wrong. Hence it is generally preferable to work with significance bounds instead.

234 The distribution of the type I error over the different analyses can be quantified with an alpha
235 spending function $\alpha(t)$, which is defined as the total allowed probability that we have made a type
236 I error before or at time t . When we have collected no data yet, this probability should be zero. At
237 the other extreme, when we have collected all our data, this probability should be equal to the
238 desired significance level α . Other than that, the only restriction on our spending function is that
239 it should be non-decreasing, as we cannot retroactively reduce the probability of what we did
240 earlier on.

241 In the above paragraph, t has been stated to represent time, but it does not have to. It is usually
242 more meaningful to let the alpha spending function depend on the amount of data collected, where
243 the time of the data collection does not matter. In this case, t would represent the sample size. Both
244 of these interpretations are used in clinical studies and in both cases it is common to rescale t such
245 that is not going from begin time to end time or from zero to maximum total sample size, but rather
246 from 0 to 1. This way t can be interpreted as the information fraction, the ratio of the information
247 gathered at interim relative to the total information gathered in case the experiment does not
248 terminate at any of the interim analyses. It is this information fraction that allows us to handle
249 data loss flexibly and efficiently. This is discussed more in Appendix B. In general, a meaningful
250 choice for the information fraction is the ratio of the sample size at each analysis and the maximum
251 total sample size. This choice was used in the example in table 1 with t equal to 6/16, 12/16, and
252 16/16 at the respective analyses.

253 Once it has been determined which information fraction to enter into the alpha spending function,
254 we should mention the choice of the alpha spending function itself. There are infinite possibilities
255 for choosing an alpha spending function, none of which are uniformly optimal. The best choice will
256 depend on several factors, but this discussion is out of scope for this paper. Functions that are
257 steeper early on and flatter towards the end have a higher probability of stopping early but are
258 less powerful and require a higher maximum sample size to compensate. Conversely, functions
259 that stay low in the beginning and only start rising near the end have higher power, but a lower
260 probability of stopping early. The effect on the toy example of several different spending functions
261 is illustrated in table 2.

262 We can define an expected sample size by weighing the used sample size at each analysis by the
263 probability to stop at that analysis. In an optimistic scenario where the effect size is larger than
264 the minimal relevant effect size, we are more likely to obtain a significant result early on, and
265 therefore have a lower expected sample size N . Both the power and the odds of stopping early

266 depend on the underlying effect size as well as the design. This is illustrated on the toy example in
267 table 2. Due to the discrete nature of small sample sizes, it is hard to predict the exact effects of
268 each choice. It is therefore probably wise to look at several options during the planning phase of
269 the experiment.

270 When reporting the results of an experiment, it is good practice to report the magnitude of the
271 observed effect, as statistical significance (or non-significance) by itself is not particularly
272 meaningful. For the first analysis, one can simply use the regular effect size estimate and
273 confidence interval as one would without GSD. However, at later analyses, the classical formula
274 leads to an overestimation of the effect size and its confidence interval.

275 Assume in the toy example a design with O'Brien-Fleming spending function rendering a
276 significant result at the second analysis, with a T statistic of 2.311. The naive, uncorrected estimate
277 of Cohen's d would be 1.33 with 90%-confidence interval [0.283, 2.62]. However, applying the
278 correction, the Cohen's d drops to 1.29 and [0.231, 2.37] respectively. This correction can be
279 calculated in the app. For a more in-depth discussion of correction methods, we refer to Appendix
280 A.

281 **Beta spending**

282 The concept of beta spending is entirely analogous to that of alpha spending, but rather than
283 stopping early because we have reached significance, we can now stop early because the data is
284 insufficiently significant. Instead of controlling the false positive rate under the null hypothesis,
285 with beta spending, we are controlling the false-negative rate under the alternative hypothesis.
286 This requires defining the alternative hypothesis, which in this case is the minimal scientifically
287 relevant effect size or most pessimistic scenario for which we require sufficient power.

288 Based on the allowed type II error probabilities, we can once again calculate critical values either
289 for the test statistics, now referred to as futility bounds, or for their corresponding p-values under

290 the traditional probability. Due to the same reasoning as in the previous section, we prefer to work
291 with the futility bounds rather than the p-values.

292 While it is possible to perform beta spending by itself, it is most commonly applied in combination
293 with alpha spending. In this case, the result is still significant if the test statistic exceeds the
294 significance bound, but insufficiently promising if the test statistic is lower than the futility bound.
295 One only continues collecting data if the test statistic lies somewhere in between the significance
296 and futility bound.

297 Since the test needs to achieve the required significance level, the last futility bound is determined
298 by the allowed type I error, rather than the type II error. In case we apply alpha spending as well,
299 this means we set the futility bound to be equal to the significance bound of the final analysis.

300 As with the type I error in the previous section, it is possible to quantify the type II error spending
301 through a beta spending function, $\beta(t)$. The significance and futility bounds of the toy example for
302 several error spending functions can be found in table 3. Note that the significance bounds in the
303 later analyses are lower for a design with beta spending than that of the corresponding design
304 without beta spending in table 2. Similarly, the futility bounds are higher in a design with alpha
305 spending than in its equivalent without alpha spending. Since alpha and beta spending partially
306 negate each other's downsides, they are often applied in a balanced way using identical spending
307 functions.

308 Unlike in the situation where we only use alpha spending or beta spending, it is no longer the case
309 that the effect size is exclusively over- resp. underestimated. Nevertheless, even when applying
310 both alpha and beta spending, a correction of the effect size estimate and its confidence interval is
311 still needed.

312 **Application**

313 The first part of any study is planning. For the largest part, this remains the same as one would do
314 without interim analysis, save for two additional steps and one significantly affected step. The first
315 new step is determining rules for when to perform an interim analysis. The second new step is to
316 determine the allowed type I and II errors at these analyses, i.e. choosing the error spending
317 functions. The step that is affected by adding interim analysis, is the power analysis for the sample
318 size calculation.

319 **Number and timing of the interim analyses**

320 In the toy example, the implementation of the interim analyses is straightforward as the data is
321 gathered in batches and therefore it is natural to update the analysis periodically. The only real
322 choice one needs to make is if one chooses to perform an interim analysis at the end of every single
323 batch or if some will be skipped. In other types of experiments, the researchers may not have the
324 same restrictions and can choose the size of each batch, hence having complete freedom over the
325 number and timing of the analyses. In yet other experiments, adding interim analyses might bring
326 its own costs. Since group sequential designs work on the principle that the next batch is only
327 started after the previous one has been processed, this might significantly prolong the duration of
328 certain experiments in such a way that the added costs outweigh the benefits. The practical
329 restrictions and possibilities will differ per experiment and need to be looked into on a case-by-
330 case basis, but some general recommendations can be made on a statistical basis.

331 While there is no theoretical limit to the number of interim analyses, it was mentioned earlier that
332 each interim analysis 'uses' some of our allowed probability of making type I and/or type II errors,
333 we spend our alpha and beta. By implementing too many analyses, the probability of drawing a
334 conclusion becomes so small that it undercuts the benefits of the group sequential design.
335 Generally, having a total of 2 or 3 analyses works out well. Having more than 5 analyses usually
336 becomes inefficient. The exact ideal amount and timing depend, among other things, on the

337 difference between the optimistic and pessimist effect sizes. A larger optimistic effect size will
338 benefit from more and earlier testing.

339 **Power analysis and sample size calculation**

340 In regular, fixed sample designs the achieved power can be substantially higher than the required
341 power since we can only have whole numbers as sample size. This is the case in our toy example,
342 where a sample size of 8 mice per group leads to a power of 0.845 or 4.5% above our required
343 power, but having only 7 mice per group will leave the model underpowered.

344 Adding interim analyses with no other design changes will generally reduce the statistical power
345 of the design. However, unlike in the situation where we have a large sample size, this does not
346 need to imply that the power drops below the required level. This can be seen for the toy example
347 in tables 2 and 3 where one of the choices of error spending functions still has sufficient power,
348 even though it has the same total sample size as the fixed sample design.

349 The natural way of fixing the other designs is by increasing the maximum total sample size until
350 the desired power has been reached. Other ways to make a design more powerful are to decrease
351 the number of analyses, change their timing or choose a different error spending function.

352 In table 4 we have adapted the sample sizes of the examples from tables 2 and 3 such that the
353 minimum required power for the toy example, 0.8, has been achieved. In this case, adding one or
354 two mice per group sufficed, giving a maximum total sample of 18 or 20 mice per design. This is
355 the sample size of the worst-case scenario where we cannot draw any conclusions in the interim
356 analyses and continue to the final analysis. In contrast to the fixed sample size designs, we do not
357 know what the final sample size will be until after the experiment. However, we can calculate the
358 expected value of the sample size, i.e. the average obtained sample size if we were to repeat the
359 experiment often enough.

360 This expected sample size will also depend on the effect size since the probability of obtaining a
361 significant result is larger if the effect size is large. The expected sample sizes for the toy example
362 are shown in case there is no effect ($d = 0$), for the pessimistic effect size ($d = 1.4$), and for the
363 optimistic effect size ($d = 2$).

364 While it might seem tempting to choose alternative solutions to increase the power that do not
365 require raising the maximum total sample size, it is worth pointing out that a lower maximum
366 sample size does not necessarily lead to a lower expected sample size. In the designs covered for
367 our toy example, the designs to achieve the best average sample sizes are the designs featuring
368 the Pocock-type and compromise error spending functions. This is despite having a larger
369 maximum sample size than other competing designs.

370 From the above discussion, it should be clear the potential gains of GSDs depend on the properties
371 of the design, but also the true effect size. Even so, in our toy example, the expected sample size
372 remains below 13 for all three designs featuring alpha and beta spending, regardless of the effect
373 size. This shows that substantial gains can be made, even without researchers actively putting
374 effort into optimizing the GSD.

375 **Calculating the critical values**

376 Either during the planning or at the interim analysis itself, the critical value to determine
377 significance needs to be calculated. Unfortunately, the critical values can only be approximated.
378 This can be done in a few different ways.

379 The most common analytical approach in clinical trials is through asymptotic approximation. The
380 more data get collected, the more the t-distribution resembles a normal distribution, so the critical
381 values are based on Z-tests rather than t-tests. This is fine for the large sample sizes common in
382 clinical trials, but problematic at the much smaller sample sizes common in preclinical contexts.
383 Most existing software uses this approach without mentioning this restriction. So if researchers

384 choose to work with software other than our free web application, it is important they verify the
385 applicability of their software package.

386 To obtain boundaries suitable for the t-test in the preclinical context there are currently three
387 options: use simulation as we do in our application, use iterative numerical integration as
388 proposed by Rom and McTague (2020), or improve the analytical approximation through a
389 formula as was done by Nikolakopoulos et al (2018). For the one-way ANOVA, to the best of our
390 knowledge only simulation is available. For a technical discussion of these techniques, their
391 advantages, disadvantages, and our extensions and improvements, we refer to Appendix A.

392 **Rules of thumb for preclinical studies**

393 Planning a group sequential design involves more choices than planning a traditional fixed sample
394 design. Here are some guidelines that should facilitate those choices and help avoid the most
395 common pitfalls.(Kelly et al., 2005)

- 396 ▪ **Check if the chosen software is suitable for small sample sizes.** If not, apply a t-trans-
397 formation as described in appendix A under the section “Analytical approximation”.
- 398 ▪ **Keep the number of analyses limited.** A total of two or three analyses usually works
399 well, more than five is generally inefficient.
- 400 ▪ **Compare several spending functions before making a decision.** The best choice dif-
401 fers per experimental set-up.
- 402 ▪ **Determine rules** on how to handle data loss or other required flexibility of the design
403 **before the start of the experiment.**
- 404 ▪ **Do not make ad hoc changes to the design after the experiment has started.**
- 405 ▪ **Performing both alpha and beta usually has a better trade-off** between expected sam-
406 ple size and power. If it is deemed highly unlikely that there is no relevant effect, then it
407 is better to only apply alpha spending.

408 **Conclusion**

409 Implementing group sequential designs can reduce the average cost, duration, and sample size in
410 preclinical experiments. This type of design can aid in navigating the uncertainty of the true effect
411 size as well as providing a flexible and efficient way of dealing with data loss.

412 Due to the small sample sizes common in this setting, specialized techniques need to be applied.

413 In this paper, we discussed and improved such techniques for the t-test and the one-way ANOVA.

414 Furthermore, a free simulation tool is presented specifically designed for preclinical applications.

415 This tool circumvents the typical limitations of other methods wherein large sample
416 approximations are used.

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468 **Acknowledgments**

469 This research did not receive any specific grant from funding agencies in the public, commercial,
470 or not-for-profit sectors.