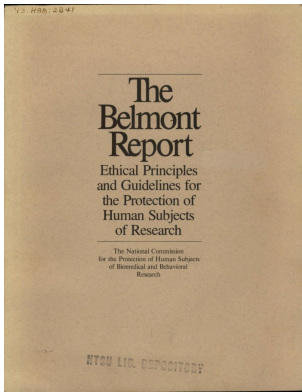


# Belmont Report

The **Belmont Report** is one of the key documents that guides ethical research involving human participants. It was developed by the **National Commission for the Protection of Human Subjects of Biomedical and Behavioral Research**, a body formed by the **U.S. government under the National Research Act of 1974**. The report was published in **1979** and became a foundation for research ethics, especially in biomedical and social sciences.



The main goal of the Belmont Report is to ensure that all research involving people is conducted **ethically, fairly, and safely**. It highlights **three basic ethical principles** that must be followed in all human research:

---

## 1. Respect for Persons

This principle focuses on treating every individual with dignity and allowing them to make their own choices.

- People are considered **autonomous agents**, meaning they can make informed decisions about whether or not to participate in research.
- Those who have **limited autonomy**—such as children, the elderly, or people with mental disabilities—should receive **special protection** to ensure their rights are not violated.
- Researchers must obtain **informed consent** from all participants before including them in a study.

## 2. Beneficence

This principle means **doing good and avoiding harm**.

- Researchers must make sure that their study does not cause **any physical, emotional, or psychological harm** to participants.
- They should **maximize possible benefits** and **minimize potential risks** by carefully designing the study and monitoring its effects.
- Every research proposal should include a clear **risk-benefit assessment** before approval.

## 3. Justice

Justice refers to **fairness in selecting participants** and distributing the benefits and burdens of research.

- No group should be unfairly burdened or excluded from the potential benefits of research.
- Participants should be chosen based on the **needs of the study**, not because they are easy to recruit or vulnerable.
- The principle ensures **equal treatment** and **fair opportunity** for all individuals involved in research.

In summary, the **Belmont Report** set the foundation for modern research ethics by emphasizing **respect, care, and fairness** toward participants. It reminds researchers that ethical responsibility is as important as scientific discovery.