**Probability Sampling Methods**

**1. Simple random sampling**

In this case each individual is chosen entirely by chance and each member of the population has an equal chance, or probability, of being selected. One way of obtaining a random sample is to give each individual in a population a number, and then use a table of random numbers to decide which individuals to include.For example, if you have a sampling frame of 1000 individuals, labelled 0 to 999, use groups of three digits from the random number table to pick your sample. So, if the first three numbers from the random number table were 094, select the individual labelled “94”, and so on.

As with all probability sampling methods, simple random sampling allows the sampling error to be calculated and reduces selection bias. A specific advantage is that it is the most straightforward method of probability sampling. A disadvantage of simple random sampling is that you may not select enough individuals with your characteristic of interest, especially if that characteristic is uncommon. It may also be difficult to define a complete sampling frame and inconvenient to contact them, especially if different forms of contact are required (email, phone, post) and your sample units are scattered over a wide geographical area.

**2. Systematic sampling**

Individuals are selected at regular intervals from the sampling frame. The intervals are chosen to ensure an adequate sample size. If you need a sample size n from a population of size x, you should select every x/nth individual for the sample.  For example, if you wanted a sample size of 100 from a population of 1000, select every 1000/100 = 10th member of the sampling frame.

Systematic sampling is often more convenient than simple random sampling, and it is easy to administer. However, it may also lead to bias, for example if there are underlying patterns in the order of the individuals in the sampling frame, such that the sampling technique coincides with the periodicity of the underlying pattern. As a hypothetical example, if a group of students were being sampled to gain their opinions on college facilities, but the Student Record Department’s central list of all students was arranged such that the sex of students alternated between male and female, choosing an even interval (e.g. every 20th student) would result in a sample of all males or all females. Whilst in this example the bias is obvious and should be easily corrected, this may not always be the case.

**3. Stratified sampling**

In this method, the population is first divided into subgroups (or strata) who all share a similar characteristic. It is used when we might reasonably expect the measurement of interest to vary between the different subgroups, and we want to ensure representation from all the subgroups. For example, in a study of stroke outcomes, we may stratify the population by sex, to ensure equal representation of men and women. The study sample is then obtained by taking equal sample sizes from each stratum. In stratified sampling, it may also be appropriate to choose non-equal sample sizes from each stratum. For example, in a study of the health outcomes of nursing staff in a county, if there are three hospitals each with different numbers of nursing staff (hospital A has 500 nurses, hospital B has 1000 and hospital C has 2000), then it would be appropriate to choose the sample numbers from each hospital proportionally (e.g. 10 from hospital A, 20 from hospital B and 40 from hospital C). This ensures a more realistic and accurate estimation of the health outcomes of nurses across the county, whereas simple random sampling would over-represent nurses from hospitals A and B. The fact that the sample was stratified should be taken into account at the analysis stage.

Stratified sampling improves the accuracy and representativeness of the results by reducing sampling bias. However, it requires knowledge of the appropriate characteristics of the sampling frame (the details of which are not always available), and it can be difficult to decide which characteristic(s) to stratify by.

**4. Clustered sampling**

In a clustered sample, subgroups of the population are used as the sampling unit, rather than individuals. The population is divided into subgroups, known as clusters, which are randomly selected to be included in the study. Clusters are usually already defined, for example individual GP practices or towns could be identified as clusters. In single-stage cluster sampling, all members of the chosen clusters are then included in the study. In two-stage cluster sampling, a selection of individuals from each cluster is then randomly selected for inclusion. Clustering should be taken into account in the analysis. The General Household survey, which is undertaken annually in England, is a good example of a (one-stage) cluster sample. All members of the selected households (clusters) are included in the survey.1

Cluster sampling can be more efficient that simple random sampling, especially where a study takes place over a wide geographical region. For instance, it is easier to contact lots of individuals in a few GP practices than a few individuals in many different GP practices. Disadvantages include an increased risk of bias, if the chosen clusters are not representative of the population, resulting in an increased sampling error.