

1 ***ct2vl*: Converting Ct Values to Viral Loads**

2 **for SARS-CoV-2 RT-qPCR Test Results**

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9 **ABSTRACT** RT-qPCR is the de facto reference method for detecting the presence
10 of SARS-CoV-2 genomic material in infected individuals (1). Although RT-qPCR is inher-
11 ently quantitative and despite SARS-CoV-2 viral loads varying by 10 orders of magni-
12 tude and therefore being potentially highly clinically informative, in practice SARS-CoV-
13 2 RT-qPCR results are usually reported qualitatively as simply positive or negative. This
14 is both because of the mathematical complexity of converting from C_t values to viral
15 loads and because the same C_t value can correspond to orders-of-magnitude differ-
16 ences in viral load depending on the testing platform (2, 3, 4). To address this problem,
17 here we present *ct2vl*, a Python package designed to help individual clinical laborato-
18 ries, investigators, and test developers convert from C_t values to viral loads on their
19 own platforms, using only the data generated during validation of those platforms. It
20 allows any user to convert C_t values to viral loads and is readily applicable to other
21 RT-qPCR tests. *ct2vl* is open source, has 100% code coverage, and is freely available
22 via the Python Package Index (PyPI).

23 **IMPORTANCE** Up to now, COVID-19 test results have been reported as positive vs.
24 negative, even though “positive” can mean anywhere from 1 copy of SARS-CoV-2 virus
25 per milliliter of transport media to over 1 *billion* copies/mL, with attendant clinical
26 consequences. Democratizing access to this quantitative data is the first step toward
27 its eventual incorporation into test development, the research literature, and clinical
28 care.

29 **KEYWORDS:** SARS-CoV-2, Python, RT-qPCR, C_t value, viral load, limit of detection

30 **INTRODUCTION**

31 The real-time reverse-transcription polymerase chain reaction, commonly known as
32 quantitative RT-PCR or RT-qPCR, is a standard method for testing human samples for
33 the presence of viruses such as HIV-1 (human immunodeficiency virus type 1), HCV
34 (hepatitis C virus), and, since 2020, SARS-CoV-2 (5, 6). In RT-qPCR, the tiny amount of ge-
35 netic material originally present in a positive patient sample is copied by a polymerase
36 enzyme over repeat cycles, resulting in exponential amplification that eventually leads
37 to detectable amounts of genetic material (7). The cycle number at which the detec-
38 tion threshold is reached is called the C_t value. Because the reaction is monitored
39 continuously, the threshold may be crossed between cycles, leading to the alternative
40 term fractional cycle number [FCN] (8). The more starting material, the fewer cycles
41 are needed for signal to cross the threshold. Thus, the smaller the C_t value, the greater
42 the amount of starting material.

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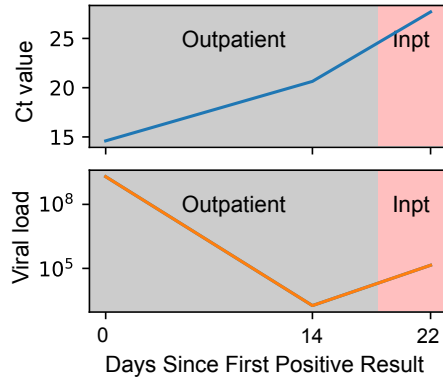


FIG 1 C_t value vs. viral load (in copies/mL). (a) In this patient, C_t values trended consistently upward. Clinically, it would be reasonable to interpret this trend as reflecting a continuous fall in viral load and thereby expect clinical improvement, all other things being equal. Yet the patient worsened between Day 14 and 22, necessitating hospitalization. It happened that the Day 14 result was from a different platform from the Day 0 and Day 22 results; the C_t value for Day 14 cannot be interpreted on the same scale as the other two datapoints; the plot is misleading. (b) Conversion to viral load shows the true picture: a rebound in viral load, consistent with the worsening clinical picture.

43 RT-qPCR results can be reported either qualitatively (positive/negative) or quanti-
44 tatively. For most infections, quantitative results are usually reported not as a C_t value
45 but as a viral load: the number of copies of viral genomic material present per unit
46 volume of sample (i.e., a concentration). The most common unit is copies/mL. An im-
47 portant advantage of viral loads over C_t values is that viral loads are consistent across
48 platforms. C_t values are not, due to platform-specific differences in polymerase, am-
49 plification conditions, the signal-detection method, whether “dark cycles” are run, and
50 other factors. For example, for SARS-CoV-2, a C_t value of 26 corresponds to a viral load
51 of 100 copies/mL of viral transport media on one FDA-approved platform and nearly
52 500,000 copies/mL on another (9). This platform-to-platform variability can make C_t
53 values difficult to interpret and can lead to mistaken conclusions about a patient’s clin-
54 ical course (Fig. 1). An additional advantage is the direct correlation between disease
55 burden and viral load, as opposed to the “golf score” inverse correlation with C_t .

56 In the scramble to create, approve, and validate tests for COVID-19, most SARS-
57 CoV-2 RT-qPCR tests were not validated to output viral load (10). Yet viral loads can be
58 valuable indicators of where a patient is in the course of infection, as well as the like-
59 likelihood of being infectious. For these reasons, it has been our experience that clinical
60 staff often ask laboratorians informally to report C_t values for their patients, outside
61 of the health record. The difficulty in interpreting C_t values has persisted into the third
62 year of the pandemic. As time goes on, the likelihood that a patient or caregiver will
63 encounter RT-qPCR results from platforms with disparate C_t -value scales cannot but
64 increase, increasing the chance of diagnostic error.

65 Fortunately, the correspondence between C_t value and viral load in RT-qPCR is
66 well understood mathematically, and the validation studies that laboratories must per-
67 form in order to bring a test online can provide the data necessary to convert from C_t
68 to viral load on clinical samples (11). In past work, we wrote computer code to convert
69 from C_t values to viral loads to help reveal and quantify the range of viral burden in
70 the patient population (12) and to compare the sensitivity and utility of testing from
71 different anatomical sources quantitatively and generalizably (e.g. saliva vs. nasal se-
72 cretions vs. nasopharyngeal secretions) (13, 9). We later expanded on this code to

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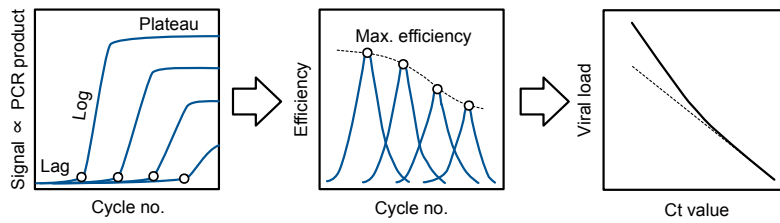


FIG 2 Overview of *ct2vl*'s approach. Left: Signal vs. cycle number traces are analyzed to find maximum replication efficiency (open circles). Middle: The fall in maximum efficiency vs. cycle number is fit by a curve (dotted line). Right: Together with an anchor point (Ct at the LoD), this curve is used to convert Ct values to viral loads (solid line). Without this curve, viral load would be underestimated (dotted line).

73 provide viral loads for new platforms brought online at our institution. However, this
74 code applied only to our own platforms, despite SARS-CoV-2 viral loads being a global
75 need. To address this need, here we present a much-expanded new Python package
76 called *ct2vl* intended to make it straightforward to convert from C_t values to viral loads
77 on any platform.

78 METHODS

79 **Mathematical derivation.** Traditionally, conversion from C_t values to viral loads
80 has required first creating a standard curve spanning a range of viral loads at least
81 as large as what is observed in clinical practice. However, standard curves can be
82 time consuming and expensive, especially when viral loads range over as many orders
83 of magnitude as they do with SARS-CoV-2 (≥ 1 billion-fold between the lowest and
84 highest viral loads encountered in clinical practice) (12). Fortunately, reliable C_t -to-viral
85 load conversion can also be performed mathematically based on the well understood
86 biochemical principles of PCR (14, 11, 8). This mathematical approach requires only (1)
87 time series of signal vs. cycle number for positive samples and (2) an anchor point—
88 the C_t value for a given viral load—such as labs routinely measure, in replicate, when
89 validating the limit of detection (LoD) before bringing a platform online.

90 Both the equation we used and its experimental validation have been described
91 in detail in previous work (12), so we review the approach only briefly here. PCR gen-
92 erally exhibits three phases: a lag phase set by the stochasticity of polymerase first
93 encountering template molecules (and in practice the platform's detection threshold),
94 an exponential (or "log") phase during which the amount of product roughly doubles
95 each cycle, and finally a plateau phase due to inhibition of the enzyme by the (now-
96 copious) product it has produced. A detection threshold is crossed during the expo-
97 nential phase; in fact at least one large diagnostics company determines the threshold,
98 and thereby the C_t or FCN, from the cycle at which maximum exponential growth is ob-
99 served (8). Absent additional considerations, converting from C_t to viral load would in-
100 volve simply fitting this relationship using an S-shaped function (e.g. Gompertz' growth
101 curve).

102 In practice, fitting S-shaped curves is not straightforward. A good fit requires care-
103 ful weighting of datapoints in different parts of the curve, and in practice no S-shaped
104 function—Gompertz, sigmoid, logistic, or Chapman—precisely captures the part of the
105 curve that is the most important for viral load determination, the exponential phase
106 (15). Moreover, there is no guarantee that the details of the PCR formulation (e.g.,
107 multiple targets; internal controls) will not affect the details of the fit. Therefore, an
108 alternative approach is to fit only the key determinant of the region of interest: the

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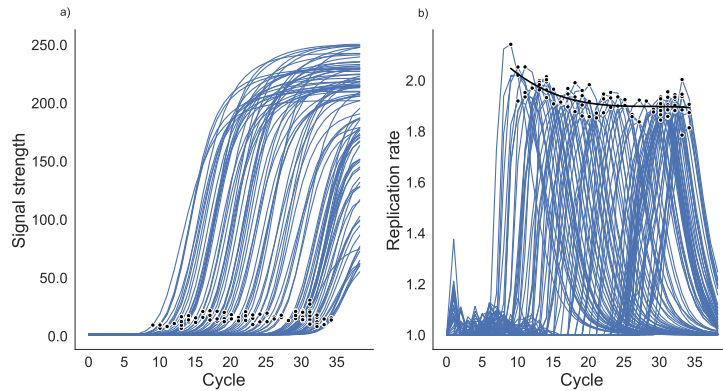


FIG 3 a) PCR traces and the points at the maximum replication rate (black dots). b) the replication rate for each trace with the points where maximum replication rate is reached. Notice that the max replication rate falls as cycle increases.

109 decrease in maximum polymerase efficiency that is frequently observed with increas-
 110 ing cycle number, especially in situations where template is admixed with an internal-
 111 control template whose amplification can compete with the template for polymerase,
 112 and inhibit polymerase, in more complex ways than a model of a single template might
 113 capture.

Exponential growth with decreasing replication rate yields the following equation
 for viral load, v_0 , as a function of C_t value (see the supplementary information of Ar-
 naout et al., 2021 for the derivation):

$$\rho(\beta) = X\beta \quad (1)$$

$$\log v_0 = \log v_L + \int_0^{C_{tL}} \log \rho(\beta) dx - \int_0^{C_t} \log \rho(\beta) dx \quad (2)$$

114 Here, v_L and C_{tL} give the anchor point: the simplest anchor point is to let v_L be the
 115 limit of detection (LoD) (12) and C_{tL} be the C_t value at the LoD. ρ is a polynomial fit
 116 of maximum replication rate vs. cycle at maximum replication rate (a slight change
 117 from (12)). These constitute the parameters of this model (see Implementation, below).
 118 Maximum replication rate and the cycle at maximum replication rate are derived from
 119 time series data of the form amount of material vs. cycle number (Fig. 2a). The amount
 120 of material is most often measured as a fluorescence intensity (e.g. of an intercalating
 121 fluorophore present in the RT-qPCR reaction mix).

122 **Implementation.** To parameterize Equation (1), we must find the coefficients, β ,
 123 of the polynomial regression fit between the maximum replication rate and the cycle
 124 at maximum replication rate. To calculate max replication rate and cycle at max repli-
 125 cation rate, a set of PCR traces for positive samples are obtained from the platform
 126 and processed as follows. The initial 3 cycles are removed because these initial values
 127 of PCR traces are often noisy and may interfere with the estimation of maximum repli-
 128 cation rate. Negative signal-intensity values are considered noise and therefore set to
 129 0. The data is smoothed, ensuring monotonic increase (PCR product cannot decrease;
 130 slight/transient decreases sometimes observed during the lag phase are attributed to
 131 signal-detection noise). These steps result in denoised traces. Examples of processed
 132 traces are plotted in Fig. 3a. Even after denoising, some noisy measurements of repli-
 133 cation rate can be observed in the early cycles (Fig. 3b).

134 Maximum replication rate is then calculated as the largest ratio of the signal at a

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135 given cycle to the signal at the previous cycle. A polynomial regression is fit to the re-
136 lationship between maximum replication rate and cycle at maximum replication rate,
137 yielding β . The degree of the polynomial is chosen via a cross-validation grid search
138 over degrees 1, 2, 3 (linear, quadratic, and cubic), providing a more robust update to
139 the description Arnaout 2021. With β estimated and v_L and C_{t_L} provided by the user,
140 the integrals in equation (1) are calculated numerically by *ct2vl*. Equation (1) is now cal-
141 ibrated and is ready to convert C_t values to viral loads. The user is spared interaction
142 with the mathematics (see Usage, below).

143 **Calibration and validation datasets.** The FDA-approved Abbott Alinity m Real-
144 Time PCR assay SARS-CoV-2 RT-qPCR testing platform was used for this analysis. Re-
145 sults for the Abbott m2000 have been previously described (12). To validate *ct2vl*'s
146 accuracy, we compared the viral load predictions from *ct2vl* to a validation dataset
147 composed of 40 C_t values and their corresponding viral loads from two independent
148 calibration series of viral loads on the same Abbott Alinity m SARS-CoV-2 RT-qPCR
149 machines. First, we calibrated *ct2vl* on 96 positive PCR traces from one of the Alin-
150 ity machines, using equation (1) and the known (experimentally confirmed) $LoD =$
151 100 copies/mL and mean $C_{t_L} = 37.83$ for this machine (see Usage, below). We then
152 used *ct2vl* to convert the 48 C_t values from the validation dataset to viral loads and
153 compared these predicted viral loads to the ground-truth viral loads in the validation
154 dataset to estimate the prediction error. The calibration and validation datasets are
155 provided as Supplementary Information.

156 For the validation dataset, the genome copy number was based on the reference
157 standard produced by SeraCare (AccuPlex SARS-CoV-2 Reference Material Kit, cata-
158 log number 0505-0126). This control material consists of replication-incompetent, en-
159 veloped, positive-sense, single-stranded RNA Sindbid virus into which SARS-CoV-2 PCR
160 targets detected by Abbott SARS-CoV-2 RT-qPCR assays have been cloned. This con-
161 trol material was quantified by the manufacturer using digital droplet PCR, and diluted
162 into viral transport medium for analysis.

163 **Sensitivity analysis.** To estimate *ct2vl*'s sensitivity to the C_{t_L} parameter, we re-
164 placed the mean value of 37.83 with each of 23 different C_{t_L} measurements in sepa-
165 rate calibration tests (these values were averaged together to get the mean), while
166 holding all other parameters fixed, and measured the prediction error ($|$ predicted vi-
167 ral load - known viral load $|$) on the validation dataset (for which viral load was known).
168 To estimate *ct2vl*'s sensitivity to β , we bootstrap-resampled our calibration data 1000
169 times (randomly sampling the same number of traces, with replacement), refit the
170 polynomial regression (in Equation (1)) on each bootstrapped sample, then calculated
171 the *ct2vl* prediction error on the validation dataset for each bootstrap sample. To es-
172 timate total confidence intervals, i.e., the cumulative effect of variation in C_{t_L} and β ,
173 we bootstrap-refit β for each of the 23 C_{t_L} values.

174 **Code coverage.** In computer science, code coverage (or test coverage) is a mea-
175 sure of how much of the code is covered by test suites. Complete coverage means
176 every line of code has been tested for proper function. For *ct2vl*, code test coverage
177 was determined using the *pytest-cov* package.

178 RESULTS

179 **Python package overview.** The Python package *ct2vl* takes RT-qPCR-reaction time
180 series as input to parameterize an equation describing the relationship between C_t
181 value and viral load (Equation (1)); after this calibration step, it converts new C_t values
182 to viral load for a given C_{t_L} and v_L . The package can be used as a command line tool or
183 imported into Python programs. The package has 100% test code coverage and has

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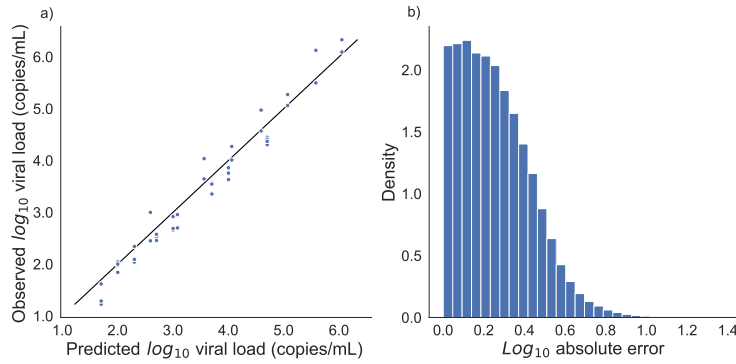


FIG 4 Predicted vs. observed viral load. (a) Viral loads predicted by *ct2vl* compared observed viral loads in a validation dataset of known viral loads (Seracare). (b) Histogram of absolute prediction error. Notice that the majority of the error is below half a log₁₀ unit. Since viral loads can range over 10 orders of magnitude, this error is within a clinically useful range.

184 been tested on macOS, Ubuntu, and Windows.

185 **Calibration and validation results.** For our calibration dataset, the coefficients
186 of the polynomial fit between max replication rate and cycle at max replication rate
187 were 2.27, -2.48e-02, 4.06e-04 (Fig. 3). For the validation dataset, predicted values
188 demonstrated excellent agreement with observed values (Pearson's $r = 0.99$, $p <$
189 0.001). The mean absolute error between predicted and observed viral load was $0.21 \pm$
190 0.28 log₁₀ units ($mean \pm 2std$), meaning that predicted viral loads were accurate to
191 within 2.5 ± 1.5 fold, highly accurate considering that viral loads range over 10 orders
192 of magnitude in SARS-CoV-2 infection (12). Consistent with this finding, R^2 was 0.97 for
193 a linear fit between predicted and observed viral loads, with slope 1:1, demonstrat-
194 ing the accuracy as well as precision of *ct2vl* over the full range of the six orders of
195 magnitude of available validation data (Fig. 4).

196 **Sensitivity analysis results.** Regarding sensitivity to the C_{tL} parameter, we found
197 an absolute prediction error of 0.25 ± 0.33 log₁₀ units ($mean \pm 2std$). Bootstrapping β
198 parameters gave a mean absolute error of 0.24 ± 0.30 log₁₀ units. Lastly, to measure
199 overall sensitivity, varying C_{tL} and bootstrapping β parameters simultaneously gave a
200 mean absolute error of $.25 \pm 0.35$ log₁₀ units (Fig. 5).

201 **Installation.** *ct2vl* requires Python 3.7 or higher to be installed. Assuming *pip* is
202 installed, to install *ct2vl*, at the command line, run

203

```
$ pip install ct2vl
```

204 **Command-line usage.** To calibrate *ct2vl* run

205

```
$ python3 -m ct2vl calibrate <traces> <LoD> <Ct_at_LoD>
```

206 Here <infile> is a csv file containing the positive traces where each row is a PCR re-
207 action trace and each column is a time step in that trace. See the example file posi-
208 tive_traces.csv in the Supplementary Information, for which the command would be:

209

```
$ python3 -m ct2vl calibrate traces.csv 100.0 37.83
```

210 Once *ct2vl* has been calibrated using the above command, C_t values can be converted
211 to viral loads by typing

212

```
$ python3 -m ct2vl convert <Ct>
```

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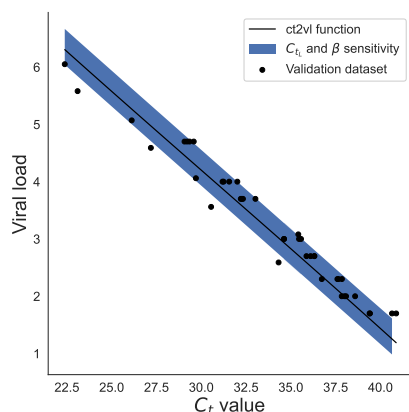


FIG 5 C_t value vs. viral load. The validation dataset (black dots) with the *ct2vl* prediction function (mean \pm 2std) when C_{tL} was varied and the calibration parameters (β) were bootstrapped.

213 One or multiple C_t values can be passed. For example, to convert a C_t value of 23.1 to
214 a viral load, with a LoD of 100 copies/mL and a corresponding C_t value of 37.73:

```
215 $ python3 -m ct2vl convert 23.1
```

216 The output will be printed to the screen in a text table with integer row numbers,
217 the LoD and Ct-at-LoD (C_{tL}) used, the C_t value that was input, the viral load in units of
218 copies/mL, and the viral load in log10 units:

```
219         LoD  Ct_at_LoD    Ct  viral_load  log10_viral_load
220     1  100.00    37.83  25.32  299427.73         5.48
```

221 To convert several C_t values to viral loads:

```
222 $ python3 -m ct2vl convert 25.32 30.11 35.95
```

223 Output:

```
         LoD  Ct_at_LoD    Ct  viral_load  log10_viral_load
224     1  100.00    37.83  25.32  299427.73         5.48
         2  100.00    37.83  30.11  14030.16         4.15
         3  100.00    37.83  35.95   336.52         2.53
```

225 Output can be saved to a file by providing a file path to the optional flag '-output', like
226 so:

```
227 $ python3 -m ct2vl convert 100.0 37.83 23.1 --output viral_loads.tsv
```

228 Here, the tabular output will have been saved to a tab-delimited text file called
229 viral_loads.tsv.

230 **Python-package usage.** For users who are familiar with the Python programming
231 language and environments, *ct2vl* can also be used programmatically as follows:

```
>>> from ct2vl.ct2vl import CT2VL
>>> converter = CT2VL('traces.csv', LoD=100.0, Ct_at_LoD=37.83)
>>> viral_loads = converter.ct_to_viral_load(Ct=[25.3, 30.1, 35.9])
>>> viral_loads
[299427.732571, 14030.156190, 336.522756]
```


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232 **Availability.** *ct2vl* is freely available on the Python Package Index (PyPI) or via
233 [GitHub](#).

234 DISCUSSION

235 The COVID-19 pandemic necessitated development and approval of RT-qPCR tests at a
236 rate that outstripped the ability to convert results reliably from C_t values to viral loads.
237 As COVID-19 becomes endemic, the probability that patients will receive results on
238 multiple platforms can only rise, as will the need to manage cases where viral load
239 will need to be monitored over time. *ct2vl* facilitates calculation of viral loads for any
240 platform, based on a laboratory's own validation data. Because the mathematics of RT-
241 qPCR are more complicated for real-world clinical tests, which often contain internal
242 controls and multiple targets, than in stripped-down experimental systems, and be-
243 cause accurate assessment of maximum efficiency is more important for viral load es-
244 timation than fitting the entirety of the curve (lag, log, and stationary phase), *ct2vl* con-
245 centrates on the most important cause of deviation from pure exponential growth—
246 the fall of replication efficiency with cycle—and fits its empirically/phenomenologically,
247 as opposed to shoe-horning a particular S-shaped curve from the many such curves
248 that exist.

249 Comparison against a calibration curve of well described SARS-CoV-2 standard
250 (Seracare) demonstrated excellent performance of *ct2vl*, including robustness to sen-
251 sitivity analysis. Total error was less than half a log₁₀ unit, acceptable performance
252 relative to the 10 log₁₀ units over which viral loads vary in SARS-CoV-2 infection and
253 comparable to the error in HIV viral load testing. *ct2vl* is made available free of charge
254 with a completely open-source codebase and 100% code test coverage, to facilitate
255 customization and incorporation into laboratory workflows. We note that *ct2vl* is ap-
256 plicable to any situation in which calibration is available and polymerase replication
257 rate does not rise with cycle number (i.e., all conventional PCR). It is hoped that it will
258 prove useful beyond SARS-CoV-2, even as the world continues to have to manage suc-
259 cessive waves of COVID-19 (16).

260 SUPPLEMENTARY INFORMATION

261 The traces used to calibrate *ct2vl* for this study and validation data can be found [here](#).

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