Evidence Series Study Sheet

Unpacking research: Quality assessing a quantitative systematic review

1. Before considering the quality, it is important to reflect on our thoughts, feelings, and reactions to the content of the review. All of us bring biases when we read research, particularly when we might have strong reactions in favour or against a concept or intervention. By early reflexivity, we can work through any emotional reaction to make a more considered view on the quality of the study. Take this time to write down your initial thoughts, feelings or reactions to mindfulness.

2. Write down the key headings in this article- can you notice the logical order the author presents her quality assessment?

3. Reading each paragraph make a table of the authors comments that relate to the strengths of the study in one column, and weaknesses in another.

4. Identify the authors overall assessment of this work.

5. Now considering the findings, reflect on the potential usefulness to inform clinical practice, how might you explain this to someone else? Think about what the review showed and didn't show, whether there are risks involved (or not) given the scant findings.