

Supporting Document

Activity	Instructions
Video	<p>What are systematic reviews?</p> <p>This video provides a very brief introduction to systematic reviews. https://youtu.be/egJlW4vkb1Y (~3 mins)</p>
Reading	<p>What is a systematic review?</p>
Video	<p>Systematic Reviews & Meta-Analyses</p> <p>This video addresses features and methods of systematic reviews as well as how to evaluate them. Knowing how to evaluate a systematic review allows you to make sure your systematic review will meet rigorous evaluation. https://youtu.be/WB9pbHqUs5c (~17mins)</p>
Task	<p>Meet with your supervisor</p> <p>Reflect on the videos and readings in your discussion with your supervisor and consider:</p> <ul style="list-style-type: none"> • The topic of interest for your systematic review • What you are trying to find out about and in whom • A draft of your question – be guided by the Cochrane convention in the video of asking an answerable question ie. ‘To assess the effects of [intervention or comparison] for [health problem] in [types of people, disease or problem and setting if specified]’. • Whether your topic and question makes sense in practice • The types of studies that are likely to answer your question
Task	<p>Scope your topic</p> <p>This is the opportunity to thoroughly explore aspects of your topic.</p> <ul style="list-style-type: none"> • Start with google and explore any type of evidence that is available for your topic but don’t spend more than a couple of hours doing this. Enter one or more terms that describe what you are interested in and see what comes up. Web pages don’t need to be scientific to help you explore your topic so read anything that helps you decide what is relevant to you and your systematic review. • Then go to The Cochrane Library and use the search bar at the top (no need for advance searching yet) to enter terms that are most relevant to what you are interested in. This will allow you to identify whether there are any existing systematic reviews or randomised controlled trials that already address your question of interest.