

Study summary template

Summarize one study in plain words: what was asked, who was studied, what was found and what it cannot show.

Question the study answers

Authors, year, journal

DOI or link

Design (trial, cohort,
cross-sectional, review)

Who was studied, how many, where

When (years of data)

What was measured, and how

Evidence grade (1 to 4)

The main finding, with its comparison

For example: about 62% lower odds than the comparison group. Never a number on its own.

What the design cannot show

A study that measures people once shows an association. A study that follows people shows a pattern over time. Only a trial can test cause.

Plain-language summary (3 sentences)

Before publishing

- ☐ The figure has its comparison.
- ☐ Who and how many is stated.
- ☐ The design and its limits are stated.
- ☐ Past tense for what was found; no "proves", "boosts" or "drives".
- ☐ No labels for people.
- ☐ The original study is linked.