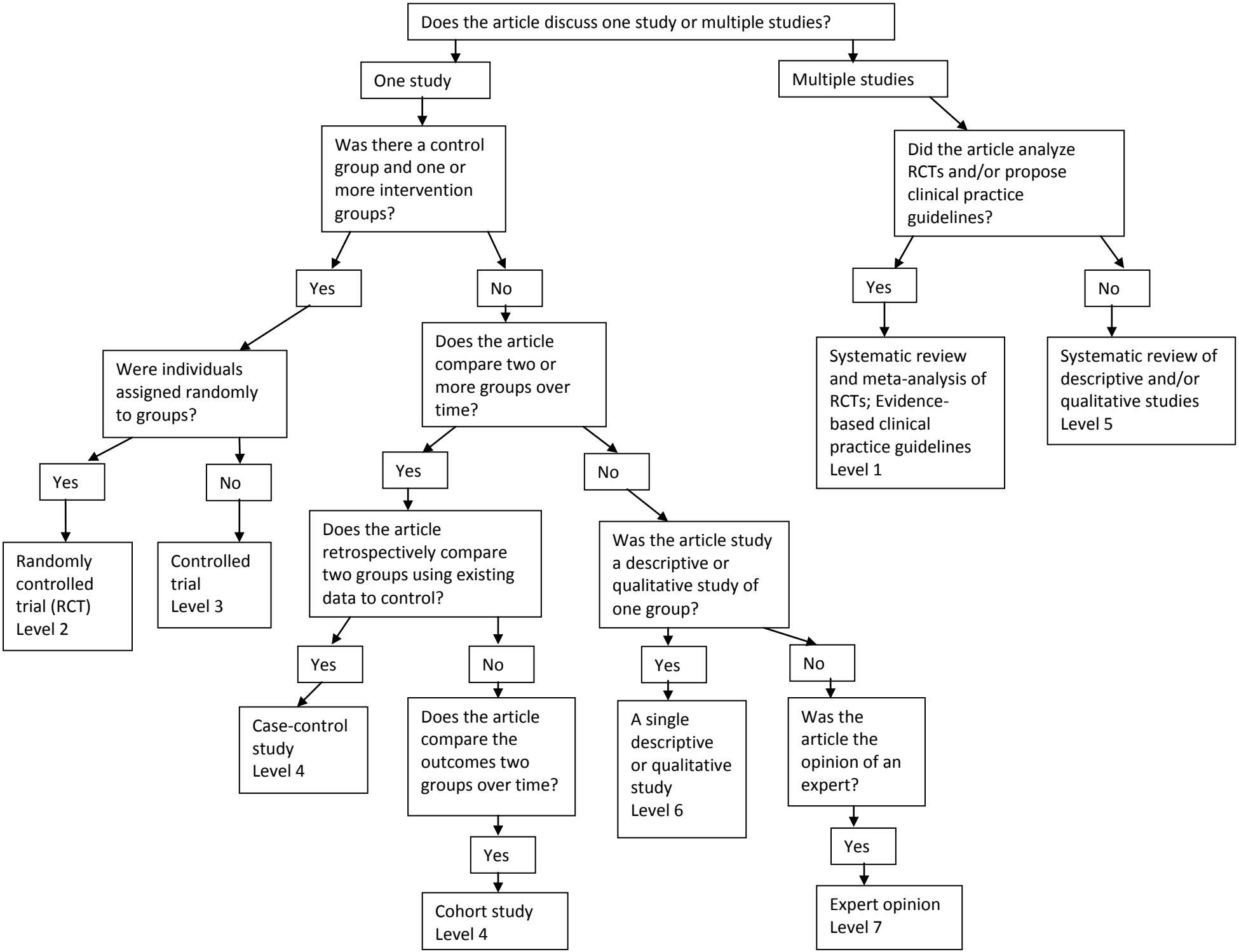
Does the article discuss one study or multiple studies?
One study
Multiple studies
Was there a control group and one or more intervention groups?
Did the article analyze RCTs and/or propose clinical practice guidelines?
Yes
No
Yes
No
Systematic review and meta-analysis of RCTs; Evidence-based clinical practice guidelines Level 1
Systematic review of descriptive and/or qualitative studies Level 5
Were individuals assigned randomly to groups?
Does the article compare two or more groups over time?
Yes
No
Yes
No
Randomly controlled trial (RCT) Level 2
Controlled trial Level 3
Does the article retrospectively compare two groups using existing data to control?
Was the article study a descriptive or qualitative study of one group?
Yes
No
Yes
No
Case-control study Level 4
Does the article compare the outcomes two groups over time?
A single descriptive or qualitative study Level 6
Was the article the opinion of an expert?
Yes
Cohort study Level 4
Yes
Expert opinion Level 7