

One Study Says... Now What?

"A new study found..." is not the final answer.
It's the beginning of a few important questions.

*Curiosity
today,
better choices
tomorrow.*

Look
beyond
the headline.

RESEARCH PAPER

Research Article

Abstract



EVIDENCE

PERSPECTIVE

CONTEXT

REAL-WORLD IMPACT

1 What question is the study asking?



Is it looking at an association between two factors?
Testing the effect of an intervention?
Observing people over time?

Different questions require different methods. There is no single "best" design for every question.

2 Who was studied?



How many participants?
What are their age, sex and health status?
Do they represent the group the claim is about?

Results from a specific population cannot automatically be generalised to everyone.

3 What did the study actually measure?



Did it measure a real health outcome, a biomarker, a self-reported outcome or a short-term change?

What is measured and what the headline claims are not always the same.

4 How large is the effect?



"Statistically significant" does not automatically mean "important".
How big is the observed difference and does it have real-world relevance?

A small effect can be statistically significant, but still have limited practical meaning.

5 How was the study done?



How were participants recruited?
Were other factors controlled?
How were the outcomes measured and analysed?

A good design does not automatically compensate for poor execution.
Critical appraisal is needed for every study, including those using designs commonly ranked highly in evidence hierarchies.

6 How does it fit with the wider evidence?



Are there other studies with similar results?
Are there conflicting findings?
Is there a high-quality systematic review?

One study can be important. It rarely tells the whole story. Scientific conclusions should reflect the totality of evidence, not just the newest headline.



Before you share the new study...

TAKE A MOMENT TO CHECK:

- ☐ What question is the study asking?
- ☐ Who was studied?
- ☐ What did the study actually measure?
- ☐ How large is the effect?
- ☐ How reliable is the study?
- ☐ Does it align with the wider evidence?



One study can change the scientific discussion.
It rarely ends it.

