



Systematic Reviews in 7 Steps:



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01. Formulate Research Questions

Consider guiding approaches, such as:

- **PICO** – population, intervention, comparison, outcome
- **SPIDER** – sample, phenomenon of interest, design, evaluation, research type



02. Assemble Research Team

Strategically assemble a team with diverse expertise:

- subject matter experts
- information professionals
- statisticians for meta-analyses
- diverse stakeholders

Discuss time commitments, roles, timelines upfront



03. Register Protocol

- Supports rigour in review process
- Ensures efforts are not duplicated
- Complies with journal requirements



04. Design + Execute Search Strategies

- Design a comprehensive search strategy with an information professional
- Include multiple databases + hand searching of key journals/grey literature



05. Screen for Inclusion/Exclusion

- At least two members should independently screen all titles and abstracts and full-text articles
- A third researcher as a tie-breaker is useful



06. Analyze + Synthesize Data

- Pilot a data extraction tool with at least two members
- Extracted data should be appraised using tools, such as MERSQI, NOS-E, or AMSTAR
- Data can be analyzed qualitatively or quantitatively



07. Write Up the Review

- All authors should participate in drafting/revision of the review
- Ensure manuscript meets reporting guidelines of the journal (PRISMA, STORIES)
- Provide a cohesive discussion about the value of the review to stakeholders in their practice

