
Study appraisal checklist

15 questions to ask before relying on a study. Useful for anyone reading research on work, health or performance.

The question

- ☐ Is the question clear, and is it the question you care about?
- ☐ Was the study designed before the data was collected (pre-registered or with a published protocol)?

Who was studied

- ☐ How many people, and who were they?
- ☐ Are they similar to the people you want to apply it to?
- ☐ How many dropped out, and were they different from those who stayed?

The design

- ☐ Was it a trial, a study that followed people over time, a one-time survey, or a review of studies?
- ☐ If it compares groups, were the groups similar at the start?
- ☐ What else could explain the result, and was it accounted for?

The measures

- ☐ How was each thing measured: tested, observed or self-reported?
- ☐ Is the outcome something that matters, or a stand-in for it?

The result

- ☐ Is the figure given with its comparison and its uncertainty (confidence interval)?
- ☐ Is the difference large enough to matter in practice?
- ☐ Do other studies find the same?

The source

- ☐ Is it peer-reviewed?
- ☐ Who funded it, and do the authors declare any conflicts?

How studies are graded on this site

Grade	What it is	How it is described
1	Systematic review or meta-analysis of published studies	"Across studies..."
2	Large single study in a peer-reviewed journal	"In a study of N people..."
3	Research body or institution report	"A report by..."
4	Single-organization or non-peer-reviewed source	Not used for a finding; may be named as context