Does the article discuss one study or multiple studies?

One study

Was there a control group and one or more intervention groups?

Yes

Were individuals randomly assigned to groups?

Yes

Randomly Controlled Trial (RCT) Level 2

No

Controlled Trial Level 3

Does the study compare two or more groups over time?

Yes

Does the study retrospectively compare two groups using existing data as control?

Yes

Case Control Study Level 4

No

A single descriptive or qualitative study Level 6

Was the study descriptive or qualitative?

Yes

A single descriptive or qualitative study Level 6

No

Was the article the opinion of an expert?

Yes

Expert opinion Level 7

No

Systematic review, meta-analysis of RCT's; Evidence-based clinical practice guidelines Level 1

Multiple studies

Did the study analyze RCT's and/or propose clinical practice guidelines?

Yes

Systematic review of descriptive and/or qualitative studies Level 5

No

Systematic review of descriptive and/or qualitative studies Level 5