

# Review of: "Systematic review"

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The definition “A **systematic review** is a method of integrating the best evidence about an effect or intervention from all relevant and usable primary sources” is a bit too short and non-specific to reflect the pearls of systematic review. This definition cannot distinguish “systematic review” from “meta-analysis”.<sup>[1]</sup>

A systematic review attempts to collate all empirical evidence that fits pre-specified eligibility criteria in order to answer a specific research question.<sup>[2]</sup> It uses explicit, systematic methods that are selected with a view to minimizing bias, thus providing more reliable findings from which conclusions can be drawn and decisions made.<sup>[3]</sup> The key characteristics of a systematic review are:<sup>[4]</sup>

- i. a clearly stated set of objectives with pre-defined eligibility criteria for studies;
- ii. an explicit, reproducible methodology;
- iii. a systematic search that attempts to identify all studies that would meet the eligibility criteria;
- iv. an assessment of the validity of the findings of the included studies, for example through the assessment of risk of bias; and
- v. a systematic presentation, and synthesis, of the characteristics and findings of the included studies.<sup>[5]</sup>

Many systematic reviews contain meta-analyses.<sup>[6][7][8]</sup> Meta-analysis is the use of statistical methods to summarize the results of independent studies.<sup>[9]</sup> By combining information from all relevant studies, meta-analyses can provide more precise estimates of the effects of health care than those derived from the individual studies included within a review.<sup>[10]</sup> They also facilitate investigations of the consistency of evidence across studies, and the exploration of differences across studies.<sup>[11]</sup>

## References

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