Before getting into what a lit review is, let’s discuss what it is NOT

- just a summary of sources
- a grouping of broad, unrelated sources
- a compilation of *everything* that has been written on a particular topic
- literature criticism (think English) or a book review
The Literature Review - What is it?

- Explains the background of research on a topic.
- Demonstrates why a topic is significant to a subject area.
- Discovers relationships between research studies/ideas.
- Identifies major themes, concepts, and researchers on a topic.
- Identifies critical gaps and points of disagreement.
- Discusses further research questions that logically come out of the previous studies.
The Literature Review: How to get Started

- Choose your topic, define your question
- Decide the scope of your review
- Pick out appropriate databases
- Find the literature! Keep track of your searches
- Review! This is the most time consuming part. It even deserves it’s own slide
Reviewing the literature

- What was the research question of the study you are reviewing? What were the authors trying to discover?
- Was the research funded by a source that could influence the findings?
- What were the research methodologies? Analyze its literature review, the samples and variables used, the results, and the conclusions. Does the research seem to be complete? Could it have been conducted more soundly? What further questions does it raise?
- If there are conflicting studies, why do you think that is?
- How are the authors viewed in the field? Has this study been cited? If so, how has it been analyzed?
Tip After You Review Your Literature

Note: The part where you review the literature is NOT the same as a literature review. An integrative literature review is you putting together all the “stuff” you reviewed in a way that makes sense.

Try This: Group similar articles together. Example:
- Cardiovascular benefit #1
- Cardiovascular benefit #2
- Cardiovascular benefit #3
Questions?
Other Types of Reviews

**Literature Review**
- Summarizes a topic that is broad in scope (e.g., cancer treatment)
- Qualitative
- May use sources that are biased
- Does not define what types of studies will be included (looks at everything)

**Systematic Review**
- Answers a specific clinical question (e.g., PICO) (e.g., Is Vitamin C or Chemotherapy a better cancer treatment in patients over the age of 40?)
- Defines a specific search strategy; lists what will be included and excluded in articles selected
- Can include a meta-analysis within the review (but no necessary)

**Meta-Analysis**
- Looks at studies from a systemic review
- Purpose: Combines similar studies and pulls data to get a statistically significant result
- Important because statistical analysis may overturn results of smaller clinical trials

(www.libguides.uwf.edu/ebp for examples and more)
PICO(T)

- Where to look
- Working with Sample Questions
PICO(T): Where to look

● Cochrane
● PubMed
● CINALH

Remember: You don’t have to have a T in PICO(T)
You will not be able to use every PICO(T) keyword in your search
Start with the P & I keywords. Add or modify words based on results
PICO(T) Sample 1: Pet Therapy

P - Hospice Patients
I- Pet therapy received
C- No pet therapy
O- Decreased feelings of anxiety or despair
T- Within 2 weeks of therapy

Does pet therapy affect hospice patients’ feelings (emotionally, psychologically, mentally, physically) within 2 weeks?
Original:

Does pet therapy affect hospice patients’ feelings (emotionally, psychologically, mentally, physically) within 2 weeks?

Modified:

Is pet therapy an effective intervention for decreasing anxiety in hospice patients?

OR

Is pet therapy an effective agent in decreasing depression in hospice patients?

*Integrates words that more closely match PICO(T) terms

KW: Pet therapy AND hospice
PICO(T): Mental Health Stigma pt 1

P- American military personnel (soldiers)

I- Programs to address and reduce mental health stigma

C- Programs vs non programs--impact on care and stigma

O- Help military personnel receive mental health care

T- 3 years

Do programs that aim to address and reduce mental health stigma help encourage military personnel to receive mental health care or are they still reluctant?

Let's clarify the PICOT terms and modify the question....
PICOT: Mental Health Stigma pt 2

Original

P- American military personnel (soldiers)
I- Programs to address and reduce mental health stigma
C- Programs vs non programs--impact on care and stigma
O- Help military personnel receive mental health care
T- 3 years

Revamp!

P- Military personnel (you can apply non-American literature to your decision)
I- Mental Health Programs
C- no program/no treatment (if there is no program, you do not need to incorporate that into your question)
O- Higher rates of participating in mental health programs?
T- 3 years (where was this in the question?)
PICOT: Mental Health Stigma pt 3

P- Military personnel (you can apply non-American literature to your decision)

I- Mental Health Programs

C- no program/no treatment (if there is no program, you do not need to incorporate that into your question)

O- Higher rates of participating in mental health programs?

T- 3 years**

Original...

Do programs that aim to address and reduce mental health stigma help encourage military personnel to receive mental health care or are they still reluctant?

Let’s try...

Are programs that combat mental health stigma effective in increasing military personnel participation in other mental health programs within 3 years of exposure to the program?

**Do you think the T is necessary?
Library Resources

UWF Library Tutorial- Literature Review

EBP Research Guide
  - Reviews & Literature Reviews
  - PICO(T) Help