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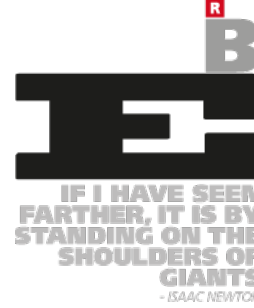
How Did I End Up Here?



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The Evidence-Based Research Network

Hanna Nykvist
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The Evidence-Based Research Network

How Did I End Up Here?

Evidence-based research
– what does it mean for consumers?

ANALYSIS



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Towards evidence based research

To avoid waste of research, no new studies should be done without a systematic review of existing evidence, argue **Hans Lund and colleagues**

Hans Lund *professor*^{1 2}, Klara Brunnhuber *product manager*³, Carsten Juhl *associate professor*^{1 4}, Karen Robinson *associate professor*⁵, Marlies Leenaars *associate professor*⁶, Bertil F Dorch *director*⁷, Gro Jamtvedt *dean*^{2 8}, Monica W Nortvedt *dean*², Robin Christensen *professor*⁹, Iain Chalmers *coordinator*¹⁰

“Before agreeing to participate in research, patients should demand that research projects have been informed by systematic review of what is already known”

Towards evidence based research, (2016), H. Lund et al. BMJ

WHY?

You are asked to participate in a research project to measure your sleeping activity. It will not involve drugs or put you at risk in any way.

Is it still important to ask for a systematic review?