**Finding Evidence Activity (4.14.20)**

**Materials to support completion of this activity**:

* Video on Finding Evidence of Effectiveness (and accompanying Powerpoint)
* Librarian Handout on finding meta-analysis & journal articles
* Systematic Review Databases Table by Finney & O’Rourke

**TASK:** As a new member of the Students Affairs Division at University of the Hills, you have been asked to find the best available research evidence to inform the creation of 3 new programming efforts on campus. The evidence must be *applicable* to a college student population. The program *must be able to be* *administered* by student affairs professionals (i.e., additional degrees or credentials should not be necessary to implement the program).

1. Interventions to reduce eating disorders, specifically anorexia or bulimia (Office: The Wellness Center)
2. Yoga to reduce anxiety (Office: University Recreation in partnership with University Health)
3. Programs to increase Civic Engagement (Office: Center for Civic Engagement)

You always start your search using resources at the top of the evidence pyramid. Start by searching Systematic Review Databases.

* You know of many systematic review databases at this point. Be sure to search at least the 6 databases I shared with you & the Pew Charitable resource.
* You have a video & PP that walks through how to search two of them; so, this is good practice to search the others as well.
* You have a Systematic Review Database table by Finney & O’Rourke that lists each database, describes the database, & provides several examples of systematic reviews relevant for higher ed (there are many more reviews in the databases). The vast number of relevant reviews represented in this sampling should spur energy to look through the databases.
* Remember, if you find a systematic review, you save so much time that would have been spent searching & reviewing primary articles.

If you can’t find any systematic reviews in the databases, you then search for ratings of meta-analysis or narrative syntheses.

* Meta-analyses or narrative reviews are the next best thing to systematic reviews, but they range in quality.
* You want to search resources that rate meta-analyses & narrative reviews so you can focus on those that are high quality.
* The *Health Evidence* registry is a great resource for searching for ratings of meta-analyses/narrative syntheses.

If you can’t find rating of meta-analyses/narrative syntheses, you then search for & evaluate them.

* Use your information literacy skills along with the library’s databases (e.g., ERIC, PsycNET) to find published articles of meta-analyses or narrative reviews
* You have a handout with search tips if you haven’t used these databases much in the past.

If you can’t find a meta-analysis or narrative synthesis, you then search for primary articles on the topic.

* You have a handout with search tips if you haven’t used these databases much in the past.

Follow this process for the 3 interventions above.

**What to Record from your Search (you will share this during class)**

If you find Systematic Reviews in the Systematic Review Databases:

* List ALL review databases where you found the reviews & **provide links to the reviews**.
* Summarize the take-home message regarding the intervention.
  + Was it effective? If so, for what outcomes?
  + Was it not effective? If so, for what outcomes?
* Now compare those summaries.
  + Did the inferences from all the reviews align?

If you find a rating of a meta-analysis:

* Provide the link to the rating & the actual value of the rating of quality of the meta-analysis.
* Summarize the take-home message regarding the intervention.

If you find a published meta-analysis or narrative review:

* List the APA reference.
* Summarize the take-home message regarding the intervention.
  + Was it effective? If so, for what outcomes?
  + Was it not effective? If so, for what outcomes.

If you can’t find systematic reviews, ratings of meta-analyses, or published meta-analyses, search for primary articles.

* List the APA references for all articles you find.