



Eviscore Foundation Course

Module 3 – APPRAISE

Worksheet 3D: Harm (Etiology) Study Appraisal

Estimated Time: 20–30 minutes

Difficulty: ★★☆☆ Foundation

Name: _____

Date: _____

Article Title: _____

Learning Objectives

After completing this worksheet, you should be able to:

- Recognize a harm (etiology) study.
 - Assess whether the study is trustworthy.
 - Summarize the relationship between an exposure and an outcome.
 - Decide whether the findings apply to your patient.
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Before You Begin

Use a harm (etiology) study selected by your instructor or identified during your literature search. Read the Abstract before completing this worksheet.

PART 1 – Identify the Study

1. What exposure or risk factor was studied?
○ _____
2. What health outcome was investigated?
○ _____
3. What type of study is this?
 - ☐ Cohort Study
 - ☐ Case-Control Study
 - ☐ Cross-Sectional Study
 - ☐ Other

PART 2 – Can I Trust This Study?

Answer the following questions:

1. Were the comparison groups clearly described?
 - ☐ ☐ Yes
 - ☐ ☐ No
 - ☐ ☐ Not Reported
2. Were participants followed appropriately or were exposure histories collected carefully?
 - ☐ ☐ Yes
 - ☐ ☐ No
 - ☐ ☐ Not Reported
3. Were important factors (such as age, sex, or other risk factors) considered in the analysis?
 - ☐ ☐ Yes
 - ☐ ☐ No
 - ☐ ☐ Not Reported
4. Was the outcome measured consistently for all participants?
 - ☐ ☐ Yes
 - ☐ ☐ No
 - ☐ ☐ Not Reported

Overall:

Do you think this study is reasonably trustworthy?

- ☐ Yes
- ☐ Partly
- ☐ No
- *Why?*
 - ☐ —

PART 3 – What Did the Study Find?

1. What exposure was associated with the outcome?
 - ☐ —
2. What was the main finding?
 - ☐ —
3. According to the authors, did the exposure increase the risk of harm?
 - ☐ ☐ Yes
 - ☐ ☐ No
 - ☐ ☐ Uncertain

PART 4 – Can I Apply This Evidence?

Think about your own patient or community.

1. Are your patients similar to those included in the study?
 - ☐ ☐ Yes
 - ☐ ☐ No
 - ☐ ☐ Unsure

2. Would this evidence influence patient counselling or preventive advice?
 - ☐ ☐ Yes
 - ☐ ☐ No
 - ☐ ☐ Unsure
 3. Could this evidence influence clinical practice or public health decisions?
 - ☐ ☐ Yes
 - ☐ ☐ No
 - ☐ ☐ Unsure
 4. Would you use this evidence when advising patients?
 - ☐ ☐ Yes
 - ☐ ☐ Maybe
 - ☐ ☐ No
 - ☐ *Explain your decision.*
 - _____
-

PART 5 – My Evidence Summary

- **Exposure:**
 - ☐ _____
- **Outcome:**
 - ☐ _____
- **Main Finding:**
 - ☐ _____
- **Can I Trust This Study?**
 - ☐ ☐ Yes
 - ☐ ☐ Partly
 - ☐ ☐ No
- **Will I Use This Evidence?**
 - ☐ ☐ Yes
 - ☐ ☐ Maybe
 - ☐ ☐ No

Reflection:

How could this evidence improve patient care?

- ☐ Improve counselling
- ☐ Encourage prevention
- ☐ Support lifestyle modification
- ☐ Guide risk communication
- ☐ Other

Explain briefly.

- _____
-

Self-Assessment

- ☐ I can recognize a harm (etiology) study.
 - ☐ I understand the importance of comparing exposed and unexposed groups.
 - ☐ I can summarize the main findings.
 - ☐ I can decide whether the evidence is useful for my patients.
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Evidence Pearl

Harm studies help clinicians understand whether an exposure is associated with an increased risk of disease. Before changing practice, ask whether the study is trustworthy and whether the findings are applicable to your patients.

Faculty Notes

Suggested Discussion Points

Guide learners using the same three-question framework:

1. **Can I trust this study?**
 - Were the comparison groups appropriate?
 - Were important confounding factors considered?
 - Were outcomes measured consistently?
2. **What did the study find?**
 - What exposure was studied?
 - What health outcome was measured?
 - Did the study report an association between the exposure and the outcome?
3. **Can I apply this evidence?**
 - Are my patients similar to those in the study?
 - Will this evidence improve patient counselling or prevention?
 - Should this evidence influence my clinical advice?

Common Beginner Mistakes

- ☐ Assuming that every observed association proves causation.
 - ☐ Ignoring the role of confounding factors.
 - ☐ Confusing harm studies with therapy studies.
 - ☐ Applying findings without considering differences between the study population and their own patients.
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Risk Communication Box

Explaining the Evidence to a Patient:

In one or two sentences, explain the study findings in language that a patient could understand.

- _____

This addition helps learners move beyond interpreting research to communicating risk clearly and responsibly—an essential Evidence-Based Practice skill that is often overlooked in introductory courses. It also prepares them for Module 4 (Apply), where evidence must be integrated with patient preferences and shared decision-making.

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