

PICO Worksheet

Original x Revised _____

Define your Question using PICO		
P	Describe your patient, population or problem (age, sex, race, past medical history, etc.), the disease , or main topic of your question . Patients with depression on a mental health unit of the hospital.	
I	What intervention or action are you considering - treatment, diagnostic test, etc. Is there a specific issue you'd like to investigate? Relaxation therapy	M e t h o d o l o g y
C	Are you trying to compare or decide between two options - drugs, a drug and no medication or placebo, or two diagnostic tests? (<u>Note:</u> Your clinical question does not always need a specific comparison.) Cognitive behavioral therapy	
O	What is the outcome you'd like to achieve ? What are you trying to do for the patient? Relieve or eliminate the symptoms? Reduce the number of adverse events? Improve function or test scores? The improved affect in patients with depression.	

List **thesaurus or subject heading terms** from your PICO question. Try to find a subject heading for each main concept.

In patients affected with depression on a mental health unit of the hospital how more effective is relaxation therapy to improve the affect of the patient in relation with behavioral cognitive therapy?

Depression, Major depressive disorders, mental disorders, relaxation therapy, cognitive behavioral therapy, mental disorders therapy, depression therapy, treatment outcome.

List **keywords** from your PICO question that can be used for your search.

Depression, relaxation therapy, cognitive behavioral therapy, mental health unit, effectiveness.

List other criteria –gender, age, year of publication, or language to be used to **limit your search**.

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List the **databases** you plan to search: Medline, CINAHL, OVID, ProQuest. Use the databases page from the Library website for suggestions.

Medline, CINAHL, OVID