

**PICO Worksheet**

Original X Revised

**Research question:**

What are the risk factors to develop Obesity in Adolescents between 13 to 18 years old?

**Define your Question using PICO**

<b>P</b>	Describe your <b>patient, population or problem</b> (age, sex, race, past medical history, etc.), the <b>disease</b> , or <b>main topic of your question</b> .  Adolescents between 13 to 18 years old. = BMI (>?) <i>→ If this condition, then longitudinal design</i>
<b>I</b>	What <b>intervention</b> or action are you considering - treatment, diagnostic test, etc. Is there a specific issue you'd like to investigate?  Diet <u>intake</u> and physical activity.
<b>C</b>	Are you trying to <b>compare</b> or decide between two options - drugs, a drug and no medication or placebo, or two diagnostic tests? (Note: Your clinical question does not always need a specific comparison.)  none
<b>O</b>	What is the <b>outcome you'd like to achieve</b> ? 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?  Obesity <i>Risk for?</i>

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- What **research method** should be used to compare the intervention group with the comparison (or control) group?
- randomized controlled trial
  - cohort study
  - case controlled studies
  - case reports
  - systematic reviews
  - meta analysis
  - editorials/expert opinions

*prospective design ∴ time element becomes important*

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

Adolescent: 13-18 y/o, Obesity Risks Factors.

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

2015-2019. English

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

Obesity, Body mass index, diet intake, physical activity.

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

*As indicated in your PICO above, the research Q would be: Is there a relationship b/w diet, physical activity, & Obesity in adolescents b/w 13 and 18 years old?*