# 📝 6-Step Beginner Guide to Full-Text Screening

## 1. 🏁 Start With Your Inclusion/Exclusion Criteria

Have your list next to you!
You are ONLY looking for those specific things.

✅ Age group?
✅ Type of study?
✅ Intervention used?
✅ Was cholesterol measured?

## 2. 📑 Scan These Key Sections Only

|  |  |
| --- | --- |
| Section | Why It's Important |
| Title + Abstract (again) | Quick reminder what it's about |
| Methods | Check population, intervention, study type |
| Results | Check if outcomes (e.g., cholesterol) are reported |
| Conclusion | Confirms if the study matches your goal |

🔍 You don’t need to read the Introduction or Discussion unless needed.

## 3. 🧭 Use This Quick Screening Checklist:

|  |  |
| --- | --- |
| ✅ Check | What to Look For |
| Population | Adults? Smokers? Specific disease? |
| Intervention | Exercise? Diet? Something else? |
| Outcome | Cholesterol measured? How? |
| Study Design | RCT, cohort? Not a review or opinion? |
| Language | English? |
| Date | Published within your timeline? |

## 4. ⏱️ Set a Time Limit

Tell participants: “Don’t spend more than 5–7 minutes per paper during screening.”

⏲️ Use a timer.
It’s not deep analysis — that comes later (during critical appraisal).

## 5. 🗃️ Tag + Record It

Use:

✅ Zotero: Tag as “Include”, “Exclude”, “Maybe”

✅ Rayyan: Tag & comment reason for exclusion

## 6. 💬 If Unsure → Mark as "Maybe"

Don’t panic. If you’re not sure, just move on and revisit later or ask a mentor.