

Critical appraisal

Example: Get slim on the office treadmill
<http://news.bbc.co.uk/1/hi/health/6656631.stm>

Read this article and think about the following questions

1. How were the participants chosen?

2. How many people were tested?

3. Was the sample balanced? (were there men and women, different age groups, etc?)

4. Was the tested group compared with another group who didn't use the treadmill?

5. What were the 'characteristics' of the study participants? (e.g. ages, weight, etc)

6. What were the outcomes after they had used the treadmill? Are these relevant?

7. Will you buy one of these treadmills for home?