

PUBLIC EDUCATION / WORKSHEET

Plain-Language Evidence Review Worksheet

A reusable four-part worksheet for reviewing a health or research claim without overstating what the evidence shows.

STATUS

Available as a free Institute educational publication. This resource is not peer-reviewed research, individualized medical advice, professional certification, or accredited continuing education.

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Part 1 / Identify the claim and source

Write what is being claimed before judging it.

Claim in one neutral sentence

Source title, author or organization, date, and link or citation

Type of statement

☐ Hypothesis ☐ Research question ☐ Result ☐ Interpretation ☐ Recommendation ☐ Testimonial ☐ Promotional claim

Source access

☐ Full report available ☐ Abstract only ☐ Summary only ☐ Headline or social post ☐ Source not located

What additional source is needed?

Part 2 / Describe the evidence

Record what was actually studied.

Study or evidence type

☐ Bench/laboratory ☐ Case report/series ☐ Observational ☐ Randomized trial ☐ Systematic review ☐ Expert opinion ☐ Other

Population and eligibility

Setting and dates

Intervention or exposure

Comparison

Primary outcome, measurement method, and follow-up

Main numerical result and uncertainty

Part 3 / Test the interpretation

Look for what could change the conclusion.

Relevance

☐ Population matches claim ☐ Setting matches ☐ Intervention matches ☐ Outcome is meaningful ☐ Follow-up is sufficient

Transparency

☐ Funding disclosed ☐ Conflicts disclosed ☐ Ethics/IRB status stated when applicable ☐ Registration stated when applicable ☐ Full methods available

Reporting

☐ Harms reported ☐ Missing data explained ☐ Withdrawals reported ☐ Limitations visible ☐ Negative findings visible

Three strengths

Three limitations or uncertainties

Does the conclusion extend beyond the data? Explain.

State what the evidence supports now.

Most supportable plain-language interpretation

What the evidence does not establish

Questions for the author, organization, or qualified professional

Next step

☐ Read the full source ☐ Compare other evidence ☐ Seek qualified advice ☐ Request missing data ☐ Wait for stronger evidence ☐ Do not rely on claim

LIMIT

This worksheet organizes an evidence review. It does not determine medical care, legal compliance, research approval, professional credit, or whether a claim is safe or effective for a particular person.

Reviewer name and date

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