

Example Evaluation and Synthesis Table Format

Evaluation Table: Example of Essential Elements

Study citation	Framework used	Design	Sample & Setting	Independent and Dependent Variables	Measures (scale, instrument)	Statistical test for analysis	Result	LOE
Adams & Walker (2010)	NR	RCT	45 Adults (ginseng) 47 Adults (placebo) Community	IV ginseng DV cold sx	Jackson	X dif 95% CI	0.44 (0.15-0.60)	II

CI = confidence interval; DV=dependent variable; IV = independent variable; LOE = level of evidence; NR = not reported; RCT = randomized controlled trial; sx = symptoms; X dif = mean difference

Synthesis Table: Example of Essential Elements related to answering the clinical question

Study author and year	Level of Evidence	Ginseng	Cold sx
Adams & Walker (2010)	II	X	↓
Jameson (2008)	II	X	↓
Smithson & Lawler (2009)	II	X	↔

↓ = decreased; ↔ = no difference

Statistical test	Result
T test	AAD Ctrl 17.5% Tx 4.5% (p <0.001)
T test	AAD Ctrl 21% Tx 14% (p <0.03)
T test	AAD Ctrl 12% Tx 34% (p <0.001)