

Process for meta-analysis

Step 1—Ask a relevant research question for systematic review

Step 2—Systematically search for relevant evidence to answer the research question

Step 3—Critically appraise all studies to determine their quality using standardized criteria

Step 4—Determine the agreement across quality studies

Step 5—Synthesize the evidence

Step 6—Apply statistical analysis across studies in the review

Step 7—Interpret study findings and make recommendations