

LUNCH & LEARN



Reporting Guidelines – Systematische Übersichtsarbeiten transparent berichten



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(Cochrane Deutschland Stiftung)

**Zuverlässige Evidenz.
Informierte Entscheidungen.
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des Deutschen Bundestages



Interessenskonflikte

- Wissenschaftliche Mitarbeiterin Cochrane Deutschland Stiftung & Institut für Evidenz in der Medizin, Uniklinikum Freiburg
- ...versichere, dass in Bezug auf den Inhalt des folgenden Vortrags in den letzten 3 Jahren **keine Interessenskonflikte** bestanden, die sich aus Beziehungen zu einem Unternehmen ergaben, z. B. einem Beschäftigungsverhältnis, einer Beratertätigkeit, finanziellen Zuwendungen für Forschungsvorhaben, Vorträgen oder anderen Tätigkeiten.

Lernziel

- Sie lernen die **Bedeutung von Reporting Guidelines** wie PRISMA für die transparente und nachvollziehbare Berichterstattung systematischer Übersichtsarbeiten kennen.
- Sie lernen Anforderungen an die **Berichtsqualität** einer systematischen Übersichtsarbeit kennen.
- Sie lernen, wie Sie **PRISMA 2020 anwenden**, um die Qualität und Reproduzierbarkeit Ihrer Forschung zu gewährleisten.

Übersicht

- 01** Reporting Guidelines
- 02** PRISMA Statement 2020
- 03** Beispiele anhand systematischer Reviews

Reporting Guidelines

“A checklist, flow diagram, or structured text to guide authors in reporting a specific type of research, developed using explicit methodology.”

- EQUATOR Network

“Reporting guidelines are recommendations of what information authors should include in their manuscripts when writing about their research. These are imperative for ensuring ethical and valid research, especially in the health sciences.”

- American Journal Experts

Reporting Guidelines



Forschende & Autor*innen

Unterstützung beim Verfassen, Sicherstellung von Transparenz



Lesende

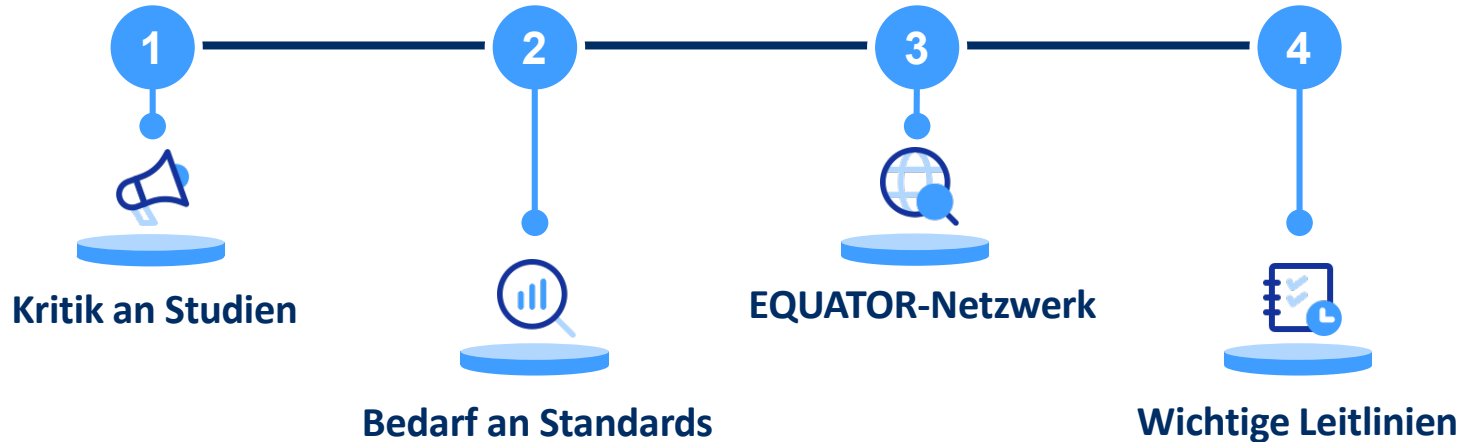
Erleichtert Verständnis & methodische Nachvollziehbarkeit



Breite Öffentlichkeit, Praktizierende & Entscheidungstragende

Einschätzung der Informationsqualität & Grundlage für fundierte Entscheidungen

Reporting Guidelines – Historie



Reporting Guidelines – EQUATOR Netzwerk



Enhancing the **QUALity** and
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Library for health research reporting

The Library contains a comprehensive searchable database of reporting guidelines and also links to other resources relevant to research reporting.



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Reporting guidelines for main study types

Randomised trials	CONSORT	Extensions
Observational studies	STROBE	Extensions
Systematic reviews	PRISMA	Extensions
Study protocols	SPIRIT	PRISMA-P
Diagnostic/prognostic studies	STARD	TRIPOD
Case reports	CARE	Extensions
Clinical practice guidelines	AGREE	RIGHT
Qualitative research	SRQR	COREQ
Animal pre-clinical studies	ARRIVE	
Quality improvement studies	SQUIRE	Extensions
Economic evaluations	CHEERS	Extensions

[See all 639 reporting guidelines](#)



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Berichtsqualität

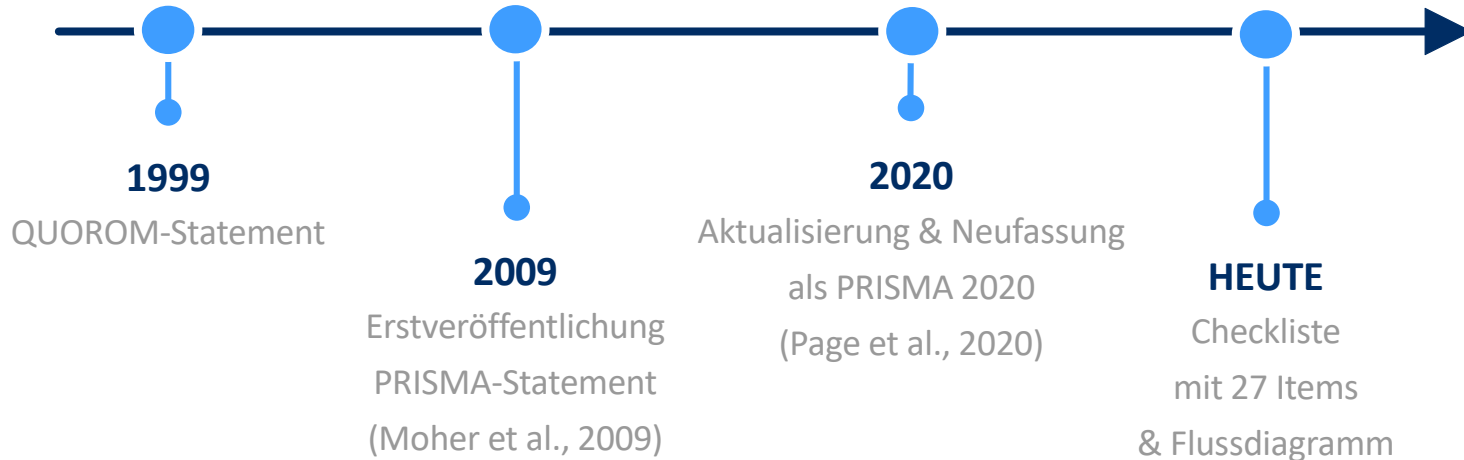
- Methodische Qualität $\neq$ Berichtsqualität
- Berichtsqualität wichtige Voraussetzung für Bewertung der methodischen Qualität/des Bias-Risikos

Übersicht

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- 01 Reporting Guidelines
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-

Preferred **R**eporting **I**tems for **S**ystematic Reviews and **M**eta- **A**nalyses

PRISMA Statement 2020





Section and Topic	Item #	Checklist Item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	

Methodik/ Vorgehen
der Bias-Bewertung

Section and Topic	Item #	Checklist item	Location where item is reported
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	
Study characteristics	17	Cite each included study and present its characteristics.	
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	
	23b	Discuss any limitations of the evidence included in the review.	
	23c	Discuss any limitations of the review processes used.	
	23d	Discuss implications of the results for practice, policy, and future research.	
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	
Competing interests	26	Declare any competing interests of review authors.	
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	

Protokoll & Registrierung

Box 2. Noteworthy changes to the PRISMA 2009 statement

- › Inclusion of the abstract reporting checklist within PRISMA 2020 (see item #2 and [Table 2](#)).
- › Movement of the 'Protocol and registration' item from the start of the Methods section of the checklist to a new Other section, with addition of a sub-item recommending authors describe amendments to information provided at registration or in the protocol (see item #24a-24c).
- › Modification of the 'Search' item to recommend authors present full search strategies for *all* databases, registers and websites searched, not just at least one database (see item #7).
- › Modification of the 'Study selection' item in the Methods section to emphasise the reporting of how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process (see item #8).
- › Addition of a sub-item to the 'Data items' item recommending authors report how outcomes were defined, which results were sought, and methods for selecting a subset of results from included studies (see item #10a).
- › Splitting of the 'Synthesis of results' item in the Methods section into six sub-items recommending authors describe: the processes used to decide which studies were eligible for each synthesis; any methods required to prepare the data for synthesis; any methods used to tabulate or visually display results of individual studies and syntheses; any methods used to synthesise results; any methods used to explore possible causes of heterogeneity among study results (such as subgroup analysis, meta-regression); and any sensitivity analyses used to assess robustness of the synthesised results (see item #13a-13f).

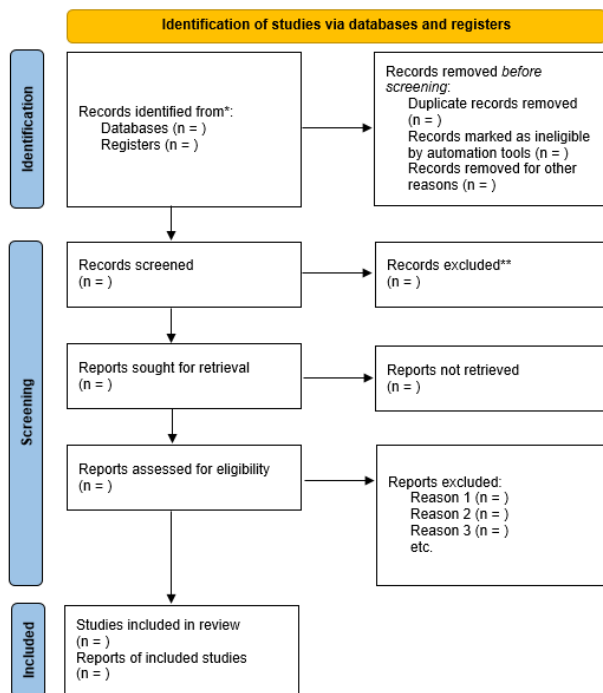
Eigener Abschnitt für
Infos zum Protokoll

Berichten aller
Suchstrategien

- › Addition of a sub-item to the 'Study selection' item in the Results section recommending authors cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded (see item #16b).
- › Splitting of the 'Synthesis of results' item in the Results section into four sub-items recommending authors: briefly summarise the characteristics and risk of bias among studies contributing to the synthesis; present results of all statistical syntheses conducted; present results of any investigations of possible causes of heterogeneity among study results; and present results of any sensitivity analyses (see item #20a-20d).
- › Addition of new items recommending authors report methods for and results of an assessment of certainty (or confidence) in the body of evidence for an outcome (see items #15 and #22).
- › Addition of a new item recommending authors declare any competing interests (see item #26).
- › Addition of a new item recommending authors indicate whether data, analytic code and other materials used in the review are publicly available and if so, where they can be found (see item #27).

Begründung für
Ausschluss von
Studien

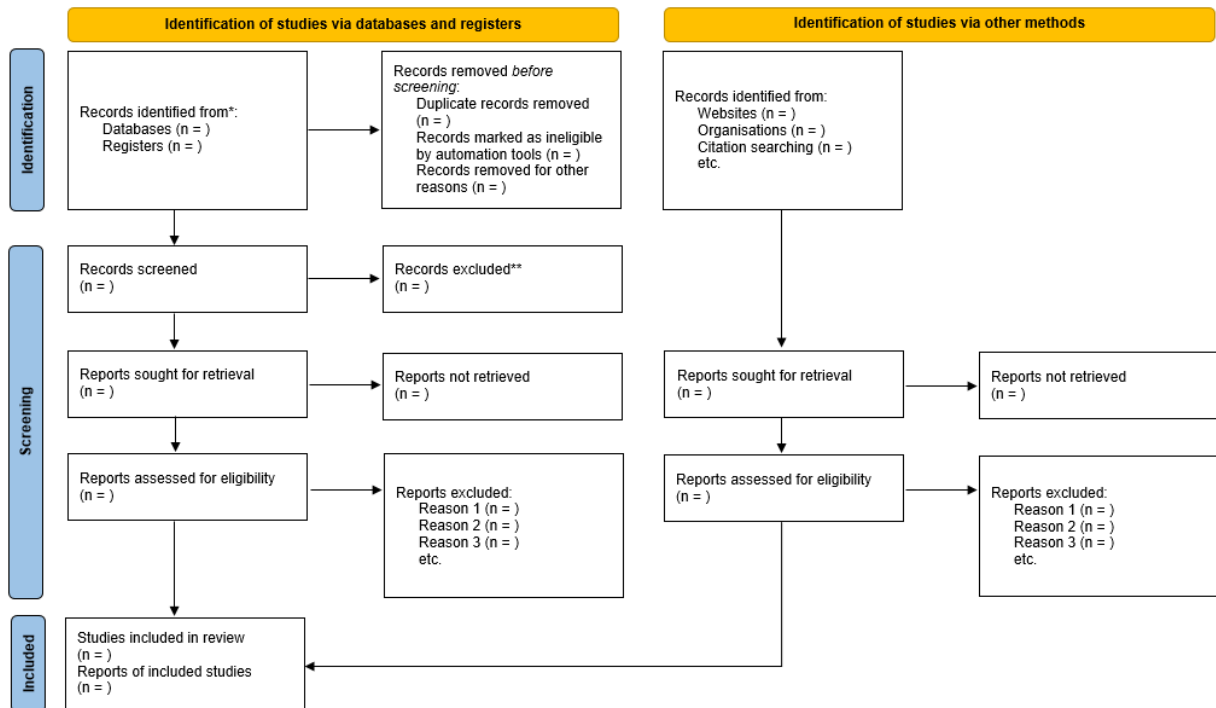
Interessenskonflikte
darlegen



*Consider, if feasible to do so, reporting the number of records identified from each database or register searched (rather than the total number across all databases/registers).

**If automation tools were used, indicate how many records were excluded by a human and how many were excluded by automation tools.

PRISMA 2020 flow diagram for new systematic reviews which included searches of databases, registers and other sources



*Consider, if feasible to do so, reporting the number of records identified from each database or register searched (rather than the total number across all databases/registers).

**If automation tools were used, indicate how many records were excluded by a human and how many were excluded by automation tools.

PRISMA-Extensions

- Ergänzende Berichtsrichtlinien zum PRISMA-Statement
- Verbesserung der Berichterstattung für spezifische Arten oder Aspekte systematischer Übersichten
- Erlaubt eine differenzierte Berichterstattung je nach Art der Studie oder analysierten Daten

- [PRISMA for Abstracts](#)
- [PRISMA for Acupuncture](#)
- [PRISMA for Chinese Herbal Medicines](#)
- [PRISMA for Complex Interventions](#)
- [PRISMA-COSMIN for Outcome Measurement Instruments](#)
- [PRISMA for Diagnostic Test Accuracy](#)
- [PRISMA for EcoEvo](#)
- [PRISMA Equity](#)
- [PRISMA Harms \(for reviews including Harm outcomes\)](#)
- [PRISMA Individual Patient Data](#)
- [PRISMA Moxibustion](#)
- [PRISMA for Network Meta-Analyses](#)
- [PRISMA for Protocols](#)
- [PRISMA for Scoping Reviews](#)
- [PRISMA Search](#)

Übersicht

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Titel

TITLE			
Title	1	Identify the report as a systematic review.	✓

Review

Effects of Dairy Intake on Markers of Cardiometabolic Health in Adults: A **Systematic Review** with Network Meta-Analysis

Research

Bobath therapy is inferior to task-specific training and not superior to other interventions in improving lower limb activities after stroke: a **systematic review**

Original Investigation | Neurology

February 1, 2024

Physical Activity and Cognitive Decline Among Older Adults

A **Systematic Review** and Meta-Analysis

Meta-Analysis

> Crit Rev Food Sci Nutr. 2023 Nov;63(33):11784-11801.

doi: 10.1080/10408398.2022.2096560. Epub 2022 Jul 11.

The effect of vitamin D supplementation on depressive symptoms in adults: A **systematic review and meta-analysis of randomized controlled trials**

Literatursuche

METHODS			
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	✓

Studies were identified by searching electronic databases and scanning reference lists of included primary articles and systematic reviews on the same topic. No restrictions for publication year were applied but publication printed in languages other than English were excluded. MEDLINE (via Ovid), EMBASE (via EMBASE), PsycINFO (via EBSCO), CINAHL (via EBSCO) and The Cochrane Library (via Wiley InterScience) were searched with similar search strategies from database inception to present. The database searches

were completed between September 2019 and April 2022. Primary database searches were updated in August 2020, May 2021, and April 2022. EMBASE was searched only in the primary database searches in September 2019. Reference lists of eligible studies and systematic reviews on the same topic were manually examined for additional relevant studies.

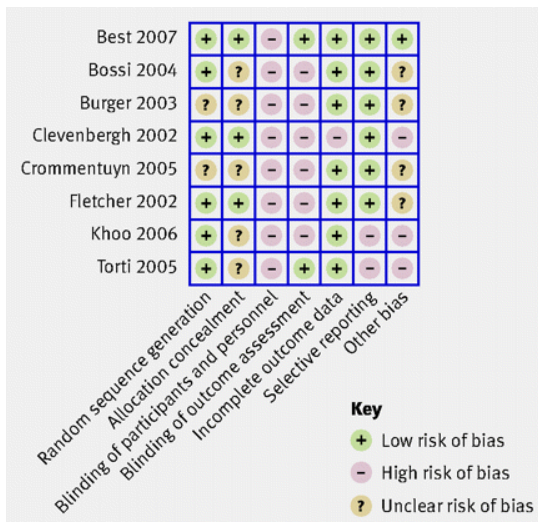
Bias-Bewertung

RESULTS

Risk of bias in studies	18	Present assessments of risk of bias for each included study.					
Tabla 3		Assessment of risk of bias in included studies					
Study	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and staff (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data were addressed (attrition bias)	Selective reporting (reporting bias)	
Sepehrmanesh et al. 2015	Yes	Yes	Yes	Yes	No	No	
Hansen et al.- 2019	Yes	Yes	Yes	?	No	No	
Frandsen et al. 2014	Yes	Yes	Yes	?	No	No	
Marsh et al. 2017	Yes	Yes	Yes	Yes	No	No	
Rouhi et al.- 2018	Yes	Yes	Yes	Yes	No	No	
Zhang et al. (2018).	Yes	Yes	Yes	Yes	Yes	Yes	
De Koning et al. (2019).	Yes	Yes	Yes	Yes	Yes	Yes	
Alavi et al. (2019).	Yes	Yes	Yes	Yes	Yes	Yes	
M. Omidian et al. (2019)	Yes	Yes	No	Yes	Yes	No	
Wang et al. (2016).	Yes	Yes	Yes	Yes	Yes	Yes	

Bias-Bewertung

RESULTS			
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	✓



Registration und Protokoll

Supplemental Table 1: Deviations from protocol (PROSPERO; registration number CRD42022303198)

Domain	Deviation
Sensitivity Analysis	In addition to the pre-planned sensitivity analysis regarding risk of bias, we conducted a second sensitivity analysis by separating the group control/low dairy in a control and a low dairy group.
Subgroup Analysis	Planned subgroup analyses, i.e. based on intervention duration, gender, and geographical location were not performed due to insufficient data to perform network meta-analyses. A non-pre-planned subgroup analysis was conducted based on the type of diet (hypocaloric vs. eucaloric/ad libitum) to consider potential effects of a caloric restriction on the outcomes.

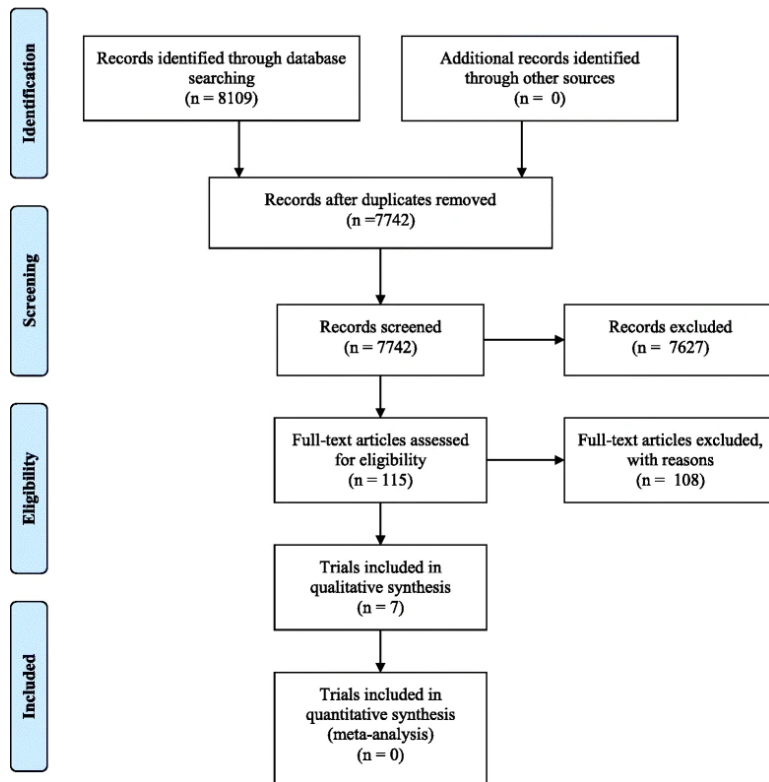
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	✓
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	✓
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	✓

Methods

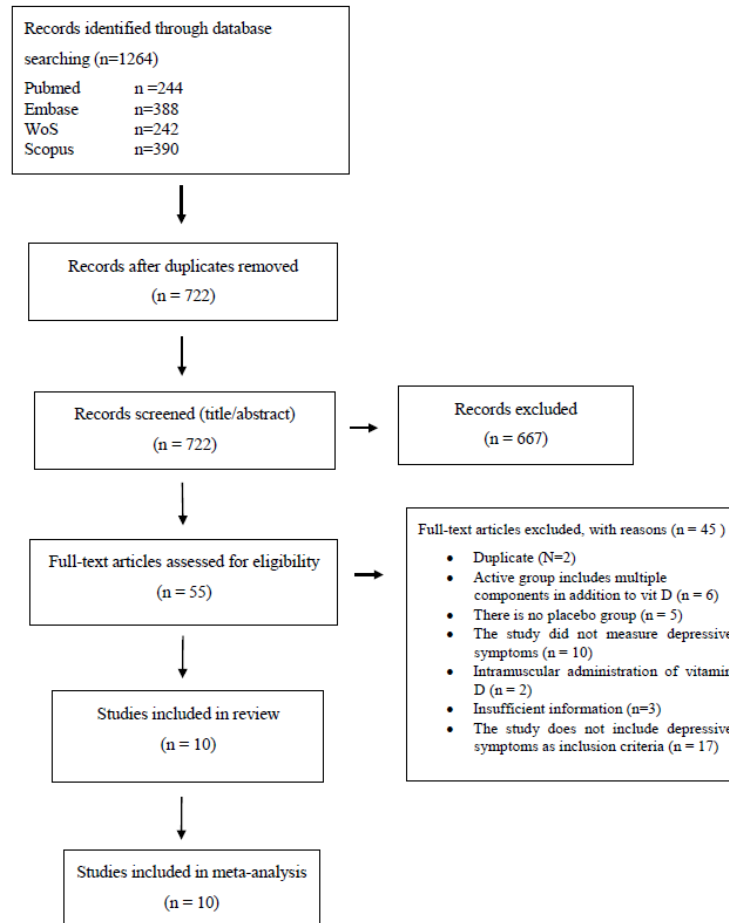
We report this systematic review with NMA according to the PRISMA Extension for Network Meta-analyses (PRISMA-NMA) checklist [18] and the PRISMA Statement for Reporting Literature Searches in Systematic Reviews (PRISMA-S) [19]. The protocol of this study was predefined and registered in the International Prospective Register of Systematic Reviews (PROSPERO; registration number CRD42022303198). Deviations from the study protocol are reported in [Supplemental Table 1](#).

From: Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. PLoS Med 6(6): e1000097. doi:10.1371/journal.pmed1000097. For more information, visit www.prisma-statement.org.

Flussdiagramm



Flussdiagramm



Zusammenfassung

- Methodische Qualität ≠ Berichtsqualität
- **Reporting Guidelines:** Standardisierte Instrumente für Transparenz und Nachvollziehbarkeit wissenschaftlicher Arbeiten
- **Nutzende:** Forschende & Autor*innen, Lesende, Breite Öffentlichkeit, Praktizierende & Entscheidungstragende
- **PRISMA 2020:** Leitfaden für systematische Übersichtsarbeiten mit einer 27-Punkte-Checkliste und einem Flussdiagramm
- **Extensions:** Ergänzende Richtlinien für verschiedene Arten von systematischen Übersichten
- **Empfehlung:** <https://www.bmj.com/content/372/bmj.n160> (Stand 13.11.24)
 - ▶ BMJ Paper mit Beispielen zu PRISMA 2020 Items

Altman DG, Simera I. A history of the evolution of guidelines for reporting medical research: the long road to the EQUATOR Network. *J R Soc Med.* 2016 Feb;109(2):67-77. doi: 10.1177/0141076815625599. PMID: 26880653; PMCID: PMC4793768.

Clemson L, Stark S, Pighills AC, Fairhall NJ, Lamb SE, Ali J, Sherrington C. Environmental interventions for preventing falls in older people living in the community. *Cochrane Database of Systematic Reviews* 2023, Issue 3. Art. No.: CD013258. DOI: 10.1002/14651858.CD013258.pub2.

Equator network. Reporting guidelines for main study types. Available from: URL: <https://www.equator-network.org/> (11.11.2024)

Higgins JPT, Thomas J, Chandler J, Cumpston M, Li T, Page MJ, Welch VA (editors). *Cochrane Handbook for Systematic Reviews of Interventions* version 6.4 (updated August 2023). Cochrane, 2023. Available from www.training.cochrane.org/handbook. (11.11.2024)

Iso-Markku P, Aaltonen S, Kujala UM, et al. Physical Activity and Cognitive Decline Among Older Adults: A Systematic Review and Meta-Analysis. *JAMA Netw Open.* 2024;7(2):e2354285. doi:10.1001/jamanetworkopen.2023.54285

Kiesswetter E, Stadelmaier J, Petropoulou M, Morze J, Grummich K, Roux I, Lay R, Himmelsbach L, Kussmann M, Roeger C, Rubach M, Hauner H, Schwingshackl L. Effects of Dairy Intake on Markers of Cardiometabolic Health in Adults: A Systematic Review with Network Meta-Analysis. *Adv Nutr.* 2023 Mar 11;S2161-8313(23)00273-9. doi: 10.1016/j.advnut.2023.03.004. Epub ahead of print.

Kredo T, Van der Walt J-S, Siegfried N, Cohen K. Therapeutic drug monitoring of antiretrovirals for people with HIV. *Cochrane Database Syst Rev* 2009;3:CD007268.

Lázaro Tomé, A., et al., *Efficacy of vitamin D in the treatment of depression: a systematic review and meta-analysis.* *Actas Esp Psiquiatr.* 2021. 49(1): p. 12-23.

McElwaine, K.M., Freund, M., Campbell, E.M. et al. Systematic review of interventions to increase the delivery of preventive care by primary care nurses and allied health clinicians. *Implementation Sci* 11, 50 (2015). <https://doi.org/10.1186/s13012-016-0409-3>.

Mikola T, Marx W, Lane MM, Hockey M, Loughman A, Rajapolvi S, Rocks T, O'Neil A, Mischoulon D, Valkonen-Korhonen M, Lehto SM, Ruusunen A. The effect of vitamin D supplementation on depressive symptoms in adults: A systematic review and meta-analysis of randomized controlled trials. *Crit Rev Food Sci Nutr.* 2023 Nov;63(33):11784-11801. doi: 10.1080/10408398.2022.2096560. Epub 2022 Jul 11. PMID: 35816192.

Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, Shamseer L, Tetzlaff JM, Akl EA, Brennan SE, Chou R, Glanville J, Grimshaw JM, Hróbjartsson A, Lalu MM, Li T, Loder EW, Mayo-Wilson E, McDonald S, McGuinness LA, Stewart LA, Thomas J, Tricco AC, Welch VA, Whiting P, Moher D. The PRISMA 2020 statement: An updated guideline for reporting systematic reviews.

Preferred reporting items of systematic review and meta-analyses: the PRISMA statement. *Dtsch Med Wochenschr* 2011;136:e9-e15. Übersetzer: Ziegler, A; Antes, G; König, I R.

Scrivener K, Dorsch S, McCluskey A, et al. Bobath therapy is inferior to task-specific training and not superior to other interventions in improving lower limb activities after stroke: a systematic review. *Journal of Physiotherapy* 2020;66(4):225-35. doi: <https://doi.org/10.1016/j.jphys.2020.09.008>

**Vielen Dank für Ihre
Aufmerksamkeit!**

Lea Gorenflo
gorenflo@cochrane.de



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Evaluation



https://survey.lamapoll.de/Lunch_and_Learn_Reporting_Guidelines-Systematische_Uebersichtsarbeiten_transparent_berichten/de

workshops@cochrane.de

Lunch & Learn

HANDOUT **AUFZEICHNUNG**



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26. Februar 2025: Cochrane Reviews finden: Einführung in die Cochrane Library

Übersetzungen



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 **WISSEN WAS WIRKT**





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Wo: Präsenzveranstaltung in Freiburg

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packen wir's an“**

Wann: 26. bis 28. März 2025

Wo: Präsenzveranstaltung in Freiburg

Registrierung offen

<https://www.ebm-kongress.de>

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RCTs kritisch bewerten RoB 2

Anmeldung bis heute noch möglich

04.12.2024 9:00 - 15:00 Uhr

Systematische Übersichtsarbeiten
nutzen (online)

28. - 31. Januar 2025 (online)

Metaanalysen (Grundlagen)

08. - 09. & 15. - 16. Mai 2025 (online)

A blurred photograph of a workshop or meeting. In the foreground, the backs of several people's heads are visible as they sit at a table. In the background, a person is standing and presenting to the group.

Workshops

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<https://www.cochrane.de/interessentenliste-workshops>

<https://www.cochrane.de/veranstaltungen>

Evaluation



https://survey.lamapoll.de/Lunch_and_Learn_Reporting_Guidelines-Systematische_Uebersichtsarbeiten_transparent_berichten/de

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