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| 1. **State your general research question:**
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| 1. **Circle the main concepts or keywords of your research question**
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| 1. **Define PICOT elements**
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| * + **P Population: What specific population will you test the intervention (or evaluate a particular exposure) in?**
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| * + **I Intervention: What is the intervention (or exposure)?**
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| * + **C Comparator Group: To what group will you compare the intervention (or exposed) group?**
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| * + **O Outcome: What will you measure to indicate effectiveness of your intervention (or association of exposure)?**

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| * + **T Time: For how long will you evaluate your intervention or exposure (how long will each subject be “treated” or “exposed”)?**
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| 1. **Using your PICOT components, restate your research question:**
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