**Meta Analysis** – Quantitative research (literature review), it pulls together the outcomes of many studies that all share a common variable. It puts together all the information and stitch together a much larger dataset (this is very high quality)

**Systematic Review** – Gathering (using a systematic approach) the entirety of the literature on a given topic (an exhaustive search) they generally pull together 20 to 80 different papers (studies), extracts information from them and then draw a wider theme using what has been found. You must come up with a protocol (steps to retrieve the literature). Stop cherry picking papers.