## Protocol Outline (case-control)

Protocol Title:

Protocol Date:

Principal Investigator:

Research Team:

1. **Background:**

Smoking remains a leading health risk factor among Europeans. Tobacco, together with other factors, will lead to an expansive epidemic of chronic diseases, including COPD, among the working population in Russia. **To gain a better understanding of the prevalence, pathogenesis and symptoms of COPD, design a case-control study looking at COPD and its association with anxiety/depression, quality of life, and the COPD Assessment Test (CAT).** The CAT test is a validated, short (8-item) and simple patient-completed questionnaire that displays adequate discriminatory properties that was developed for use in routine clinical practice to measure the health status of patients with

COPD.

1. **Study Aims**
2. **Study Design**

# Definitions and measurement procedures of:

# dependent variable(s) (outcome)

# independent variables (exposure)

# potential confounders or effect modifiers

# 

1. **Study Procedures (Sampling and recruitment)**
   * 1. Sampling plan including **Inclusion/Exclusion criteria** (subject and disease characteristics)
     2. **Recruitment procedures**
     3. **Screening procedures**

# Analysis Plan

## Protocol Outline (cross-sectional)

Protocol Title:

Protocol Date:

Principal Investigator:

Research Team:

# Background:

In Germany, about 20% of the total population have a migration background. Differences exist between migrants and non-migrants in terms of health care access and utilization. Colorectal cancer is the second most common malignant tumor in Germany, and incidence, staging and survival chances depend, amongst other things, on ethnicity and lifestyle. **Design a cross-sectional study which investigates whether stage at diagnosis differs between migrants and non-migrants with colorectal cancer in an area of high migration and attempts to identify factors that can explain any differences.**

1. **Study Aims**
2. **Study Design**

# Definitions and measurement procedures of:

# dependent variable(s) (outcome)

# independent variables (exposure)

# potential confounders or effect modifiers

# 

1. **Study Procedures (Sampling and recruitment)**
   * 1. Sampling plan including **Inclusion/Exclusion criteria** (subject and disease characteristics)
     2. **Recruitment procedures**
     3. **Screening procedures**

# Analysis Plan

**Protocol Outline (RCT)**

Protocol Title:

Protocol Date:

Principal Investigator:

Research Team:

1. **Background:**

Physical activity has health benefits across the lifespan, yet only 13 % of Canadian older adults are sufficiently active. Results from a number of observational studies indicate that adults display positive preferences for exercising with others of a similar age and same gender, and that intra-group age- and gender-similarity are associated with elevated exercise adherence. However, research has yet to experimentally examine the extent to which intra-group age- and gender-related similarity affect exercise adherence behaviors. **Design a 3-arm RCT of exercise groups (similar-age same gender, similar-age mixed gender, and mixed age mixed gender) and its effect on exercise adherence, physical health and fitness measures, and attitudes.**

1. **Study Aims**
2. **Study Design**
3. **Definitions and measurement procedures of:** 
   1. **dependent** variable(s) (outcome)
   2. **independent** variables (exposure)
   3. potential **confounders** or **effect modifiers**

1. **Study Procedures (Sampling and recruitment)**
   * 1. Sampling plan including **Inclusion/Exclusion criteria** (subject and disease characteristics)
     2. **Recruitment procedures**
     3. **Screening procedures**

1. **Analysis Plan**

## Protocol Outline (systematic review)

Protocol Title:

Protocol Date:

Principal Investigator:

Research Team:

# Background:

Depression is common among children and adolescents and is associated with significantly negative effects. A number of structured psychosocial treatments are administered for depression in children and adolescents; however, evidence of their effectiveness is not clear. **Describe the protocol of a systematic review to evaluate the efficacy, quality of life, tolerability and acceptability of the use of psychological intervention for this young population.**

1. **Study Aims**
2. **Study Design**

# Definitions and measurement procedures of:

# dependent variable(s) (outcome)

# independent variables (exposure)

# potential confounders or effect modifiers

# 

1. **Study Procedures (Sampling and recruitment)**
   * 1. Sampling plan including **Inclusion/Exclusion criteria** (subject and disease characteristics)
     2. **Recruitment procedures**
     3. **Screening procedures**

# Analysis Plan

## Protocol Outline (cohort)

Protocol Title:

Protocol Date:

Principal Investigator:

Research Team:

# Background:

The number of people of advanced age (85 years and older) is increasing and health systems may be challenged by increasing health-related needs. Recent overseas evidence suggests relatively high levels of wellbeing in this group, however little is known about people of advanced age, particularly the indigenous Māori, in Aotearoa, New Zealand. **Design a prospective cohort study aimed to establish predictors of successful advanced ageing and understand the relative importance of health, frailty, cultural, social and economic factors to successful ageing for Māori and non-Māori in New Zealand.**

1. **Study Aims**
2. **Study Design**

# Definitions and measurement procedures of:

# dependent variable(s) (outcome)

# independent variables (exposure)

# potential confounders or effect modifiers

# 

1. **Study Procedures (Sampling and recruitment)**
   * 1. Sampling plan including **Inclusion/Exclusion criteria** (subject and disease characteristics)
     2. **Recruitment procedures**
     3. **Screening procedures**

# Analysis Plan