**Article Evaluation Sheet**

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Your Name Date

Grith Højfeldt, Jacob Bülow, Jakob Agergaard, Ali Asmar, Peter Schjerling, Lene Simonsen, Jens Bülow, Gerrit van Hall, Lars Holm

Impact of habituated dietary protein intake on fasting and postprandial whole-body protein turnover and splanchnic amino acid metabolism in elderly men: a randomized, controlled, crossover trial

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Author and Title of Research Report

*Amarican journal of nutrition*. 2020;nqaa201

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Journal Title – Year, Volume, Issue, Page number

Do a quick reading of the abstract and research report Circle **Yes** or **No**

1. From this “first glance”, does the report initially appear to be well-organized

and logically ordered with appropriate headings for various sections? s No

1. Does the abstract contain key pieces of relevant information? s No

Read the research report thoroughly

[Introduction]

1. Is there a clear statement of the research problem? s No
2. Are there any “sub” problems stated? Yes

If so, are they clearly stated? Yes No

1. Has the author built up a good justification for why it was important for

them to undertake their research? s No

1. Are there references to related literature or supporting studies? s No
2. Is the purpose(s) of the study clearly identified? s No
3. Is a hypothesis(es) stated? s No
4. If so, are they clearly stated? s No

[Methods]

1. Is the study design appropriate for answering the questions or testing

the hypotheses of the study? s No

1. Are independent and dependent variables directly or opperationally defined? Yes
2. Are any potential confouding factors/variables (that the investigator cannot confrol for) s No

clearly stated

1. Are the individuals asked to participate in the study representative of the entire population s No

from which they were recruited?

1. Are the size and major characteristics of the population studied described? s No
2. Is the method of selecting the sample clearly described s No
3. If so, are the definitions, inclusion and exclusion criteria, algorithms or

processes used to identify or select participants valid, reliable, and implemented

consistently across all study participants? Yes

1. Does the sample size meet the suggested guideline for minimum

sample size appropriate for the method of research represented? s

1. Are the procedures described in sufficient detail to permit them to

be replicated by another researcher? s No

1. Does the analysis of the data appear to be appropriate? s No
2. Is it clearly and logically performed? s No
3. Is it clear what action was taken on each hypothesis(es) s No

(the data analysis supported or failed to support the hypothesis(es))

1. Were the statistical tests used to assess the main variable appropriate? s No

[Results]

1. Are the main findings of the study clearly described? s No
2. Are appropriate descriptive or inferential statistics presented? s No
3. Are the tables and figures (if any) well organized and easy to understand? s No

[Discussion]

1. Is each result discussed in terms of the original hypothesis to which it relates? s No
2. Is each result discussed in terms of its agreement or disagreement with previous

results obtained by other researchers in other studies? s No

1. Did the author suggest any further studies, other research questions raised

by this research? s No

[Conclusions]

1. Are there clearly stated conclusions? s No
2. Have the author(s) effectively linked their conclusions to the research problems

(their findings to literature that they discussed in their literature review)? s No

1. Are conclusions that have been drawn valid, given results? s No

[References]

1. Are all cited references relevant to the problem under the investigation? s No

Considering the limits of your own knowledge and background in thearea of this research:

1. Do you feel reasonably confident that you understand what

the researcher was doing in this study? s No

1. Was the author’s description of the research thorough enough that you could

replicate exactly the study if you wished to do so? s No

**Summarizing Research Article**

**Key Words:**

**General subject/field**:

**Specific subject/field**:

**The Problem Defined**

**Potential Solution Proposed for Gap**

**Objective/Purpose/Aims**:

**Hypothesis:**

**Methods:**

**Result(s):**

* **Primary Findings:**
* **Secondary Findings**

**Discussions:**

* **Did the authors confirm or reject the hypotheses proposed?**
* **Authors’ interpretations of findings from the study**

**Summary of key points:**

**Significance (to the field; in relation to your own work):**

**Important Figures and/or Tables (brief description; page number):**

**Cited References to follow up on (cite those obviously related to your topic AND any papers frequently cited by others because those works may well prove to be essential as you develop your own work):**

**Additional Comments you have made in evaluating this research report:**