

Study Design

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graph TD; SD[Study Design] -- "Participant chooses group (usually not randomly)" --> O[Observational]; SD -- "Researcher assigns groups (often randomly)" --> E[Experimental];
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Participant
chooses group
(usually not
randomly)

Observational

E.g., Participants choose to
exercise or not exercise

Researcher assigns
groups (often
randomly)

Experimental

E.g., Researcher randomly
assigns participants to
exercise or non-exercise group