1. **State your general research question:**

2. **Circle the main concepts or keywords of your research question**

3. **Define PICOT elements**

   → **P Population: What specific population will you test the intervention (or evaluate a particular exposure) in?**

   → **I Intervention: What is the intervention (or exposure)?**

   → **C Comparator Group: To what group will you compare the intervention (or exposed) group?**

   → **O Outcome: What will you measure to indicate effectiveness of your intervention (or association of exposure)?**

   → **T Time: For how long will you evaluate your intervention or exposure (how long will each subject be "treated" or "exposed")?**

4. **Using your PICOT components, restate your research question:**