

## Critically Appraised Topic (CAT)

**QUESTION:** Write one sentence in the form of a question summarizing the CLINICAL PROBLEM for which you need evidence.

**NOTE:** *This should relate to the article*

### Clinical Bottom Lines:

List **clinical actions to be taken** based on the results of your critical appraisal  
NOTE: What actions would you take in terms of your practice

### Summary of Key Evidence:

**NOTE:** *Make this brief*

Summarize the key evidence in a format that is easy to understand by others.

1. Study design in research notation and type
2. Sample (brief description)
3. Procedure (overview of the sections of the procedure that pertain to your question/clinical problem)
4. Outcome measures (i.e., dependent variables – how were the variables of interest to the question measured?).
5. Results (brief summary of the results that pertain to your question/clinical problem)

### Appraisal and Application:

**NOTE:** *state how a particular issue is a threat or strength to a particular type of validity*

#### 1. Critical appraisal

Internal validity

Threats:

Strengths:

External validity

Threats:

Strengths:

Statistical validity

Threats:

Strengths:

#### 2. Applicability to YOUR specific client

**NOTE:** *apply the results of this article to your patient, not what you think treatment should include*

#### 3. Other elements

**Citation:** Give the full reference for the article on which the CAT is based in APA format.