

# SYSTEMATIC LITERATURE REVIEW

A Step-by-Step Guide

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# SYSTEMATIC LITERATURE REVIEW (SLR)

- Definition of SLR
- Step-by-step Guide to write a SLR Paper

# DEFINITION OF SLR

- A review of a clearly formulated question that uses systematic and explicit methods to identify, select, and critically appraise relevant research, and to collect and analyse data from the studies that are included in the review. Statistical methods (meta-analysis) may or may not be used to analyse and summarise the results of the included studies. (Cochrane Collaboration, 2014).

# A STEP-BY-STEP GUIDE

- Title
- Keywords
- Research Question & Research Objective
- Keyword Search
- Database Identification
- Timeframe
- Inclusion & Exclusion Criteria
- SLR Flow Diagram



TITLE

INTEGRATING HEALTH BEHAVIOURAL CHANGE  
THEORIES IN THE DESIGN OF PREDIABETES SELF-CARE  
APPLICATIONS: A SYSTEMATIC LITERATURE REVIEW

Paper can be downloaded from <http://www.suthashini.com/my-publications/>

# KEYWORDS

- behaviour change theories
- behaviour change models
- behaviour alteration
- persuasive technology
- health education
- prediabetes
- pre-diabetes
- diabetes prevention
- self-care
- self-care applications
- preventive self-care

# RESEARCH QUESTION & RESEARCH OBJECTIVE

- **RQ 1:**

How effective are existing health behavioural change theories in managing prediabetes?

- **RQ 2:**

How effective are self-care applications designed using health behavioural change theories?

# KEYWORD SEARCH

- [(behaviour change theories OR behaviour change models OR behaviour alteration OR persuasive technology OR health education) AND (prediabetes OR pre-diabetes OR diabetes prevention) AND (self-care OR self-care applications OR preventive self-care)]



# DATABASE IDENTIFICATION

- ScienceDirect,
- Taylor & Francis Online,
- PubMed,
- IEEE and
- SAGE Publications
- [Other Sources]



# TIMEFRAME

- Search carried out between April 2015 and May 2015

# INCLUSION & EXCLUSION CRITERIA

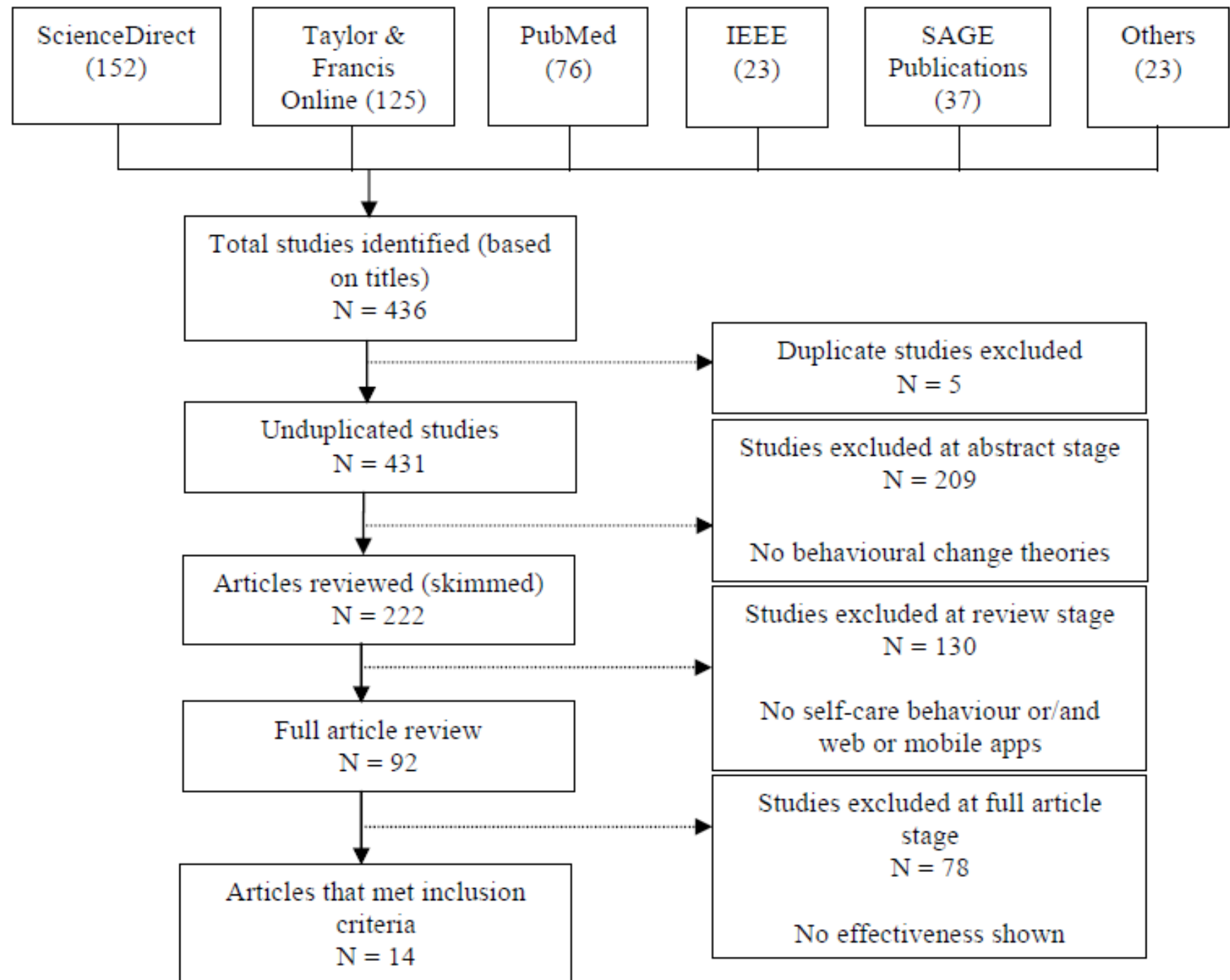
- **Inclusion criteria:**

1. any behavioural change models or theories which are related to health, and
2. any study which can show the effectiveness of the theories and self-care behaviour or application.

- **Exclusion criteria:**

1. papers focussing on primary-care,
2. review papers, and
3. papers not written in English.

# SLR Flow Diagram



# SLR PAPER

- Introduction
- Methods
- Results
- Discussion
- Conclusion & Future Work



THANK YOU