

How can I tell if my evidence is sound?

Use this scorecard to determine whether someone is presenting reliable information to you. Check the box if the statement is true.

Information is inclusive
Research relies on many types and sources of information.

Analysis is rigorous
Information is comprehensive, minimizes bias, has been independently reviewed and is statistically significant.

Information is transparent
Materials and methods are explained and authors acknowledge gaps, declare conflicts of interest and disclose funders.

Information is not an outlier
Research represents consensus, is consistent with a body of knowledge and not a “one off” result.

Information is accessible
Results are published publicly and data are available for analysis by others.

How to interpret your scores:

Five checks | **Highly reliable**

Three or four checks | **Use caution***

Zero, one or two checks | **Likely misleading**

*It's not automatically true that the information is misleading, but you should take a closer look and ask questions.