**Journal Article Analysis Worksheet**

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| [1] What is the title of the research study? |  |
| [2] For the article, give: * First author’s last name
* Title of the *journal*
* Publication year
 | First Author’s Last Name:Journal Title:Publication Year: |
| **The answers below should be in *YOUR OWN WORDS*, not copied from the article.** |
| [3] What was the purpose of the study? |  |
| [4] What was the authors’ hypothesis? |  |
| [5] What subjects/ participants were studied? What were their characteristics (be specific)? |  |
| [6] What were the most important results? |  |
| [7] In your opinion, what is the most important application of this study to health and wellness? |  |
| [8] What aspect of this research was most interesting to you? In your opinion, what was the most interesting finding? Why? |  |