

PICO Research Question Worksheet

Work from the clinical problem to a single answerable question. Use pencil: most questions need two or three drafts.

1. The clinical problem or observation

2. PICO components

Element	Your answer	Check

Rows to complete: **P**opulation (who, what condition, setting) · **I**ntervention or exposure · **C**omparator (what is it compared with?) · **O**utcome (what, measured how, by when?)

3. One-sentence question

In [population], does [intervention/exposure] compared with [comparator] affect [outcome] over [time]?

4. Feasibility and quality check

Question	Yes / No	Note
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Suggested checks: Is it answerable with data you can obtain? Is the outcome measurable? Is the comparator realistic? Is it narrow enough? Has it already been answered (search PubMed first)? Would an ethics board need to review it?

5. Study design that fits the question

Intervention effect → trial or cohort · Cause/risk → cohort or case-control · Frequency → cross-sectional · Test accuracy → diagnostic accuracy study · Experience → qualitative study. See the MRN guide on choosing a study design.

MedResearch Ninja (medresearchninja.org) — free template. Replace every [bracketed] prompt with your own text; delete guidance before submission.