



جستجوی شواهد (EBM)

فاطمه صادقی غیاثی

قطب علمی آموزشی پزشکی مبتنی بر شواهد

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مراحل پزشکی مبتنی بر شواهد (۵ مرحله)

طرح یک سؤال بالینی قابل پاسخ دادن

جستجوی شواهد

ارزیابی نقادانه شواهد

کاربرد شواهد

ارزشیابی عملکرد

مراحل پزشکی مبتنی بر شواهد (۵ مرحله)

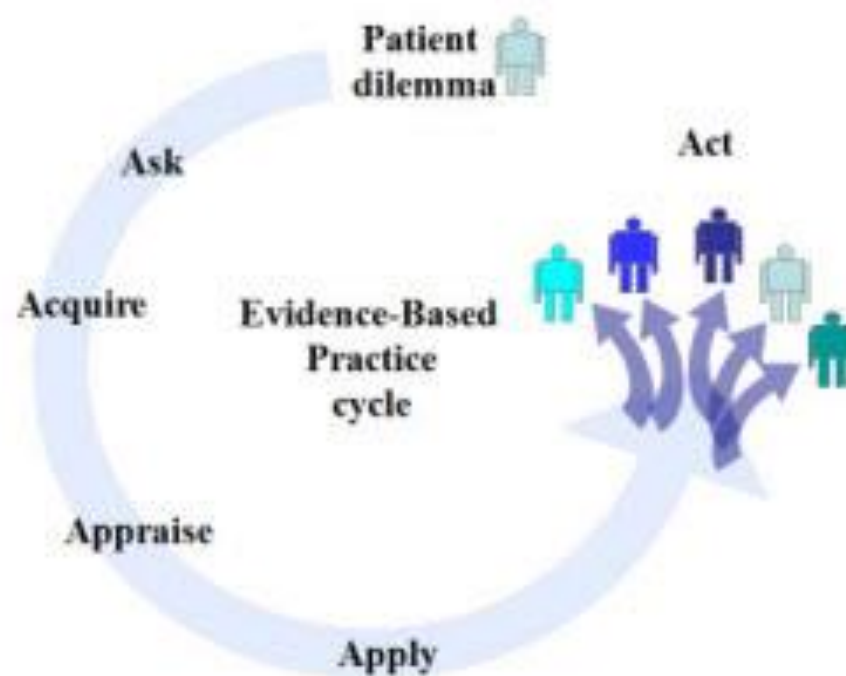
1. Asking

2. Acquiring

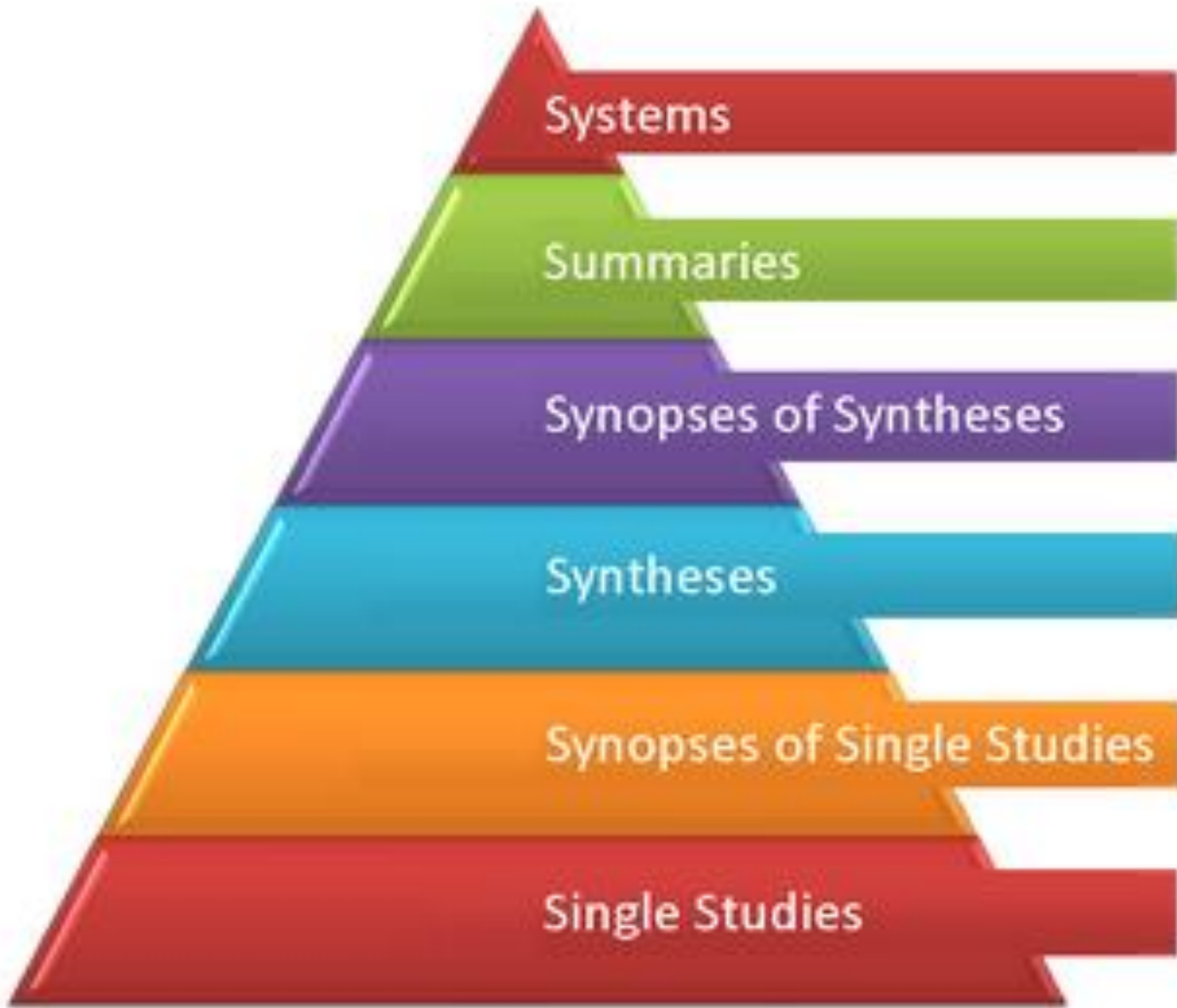
3. Appraising

4. Applying

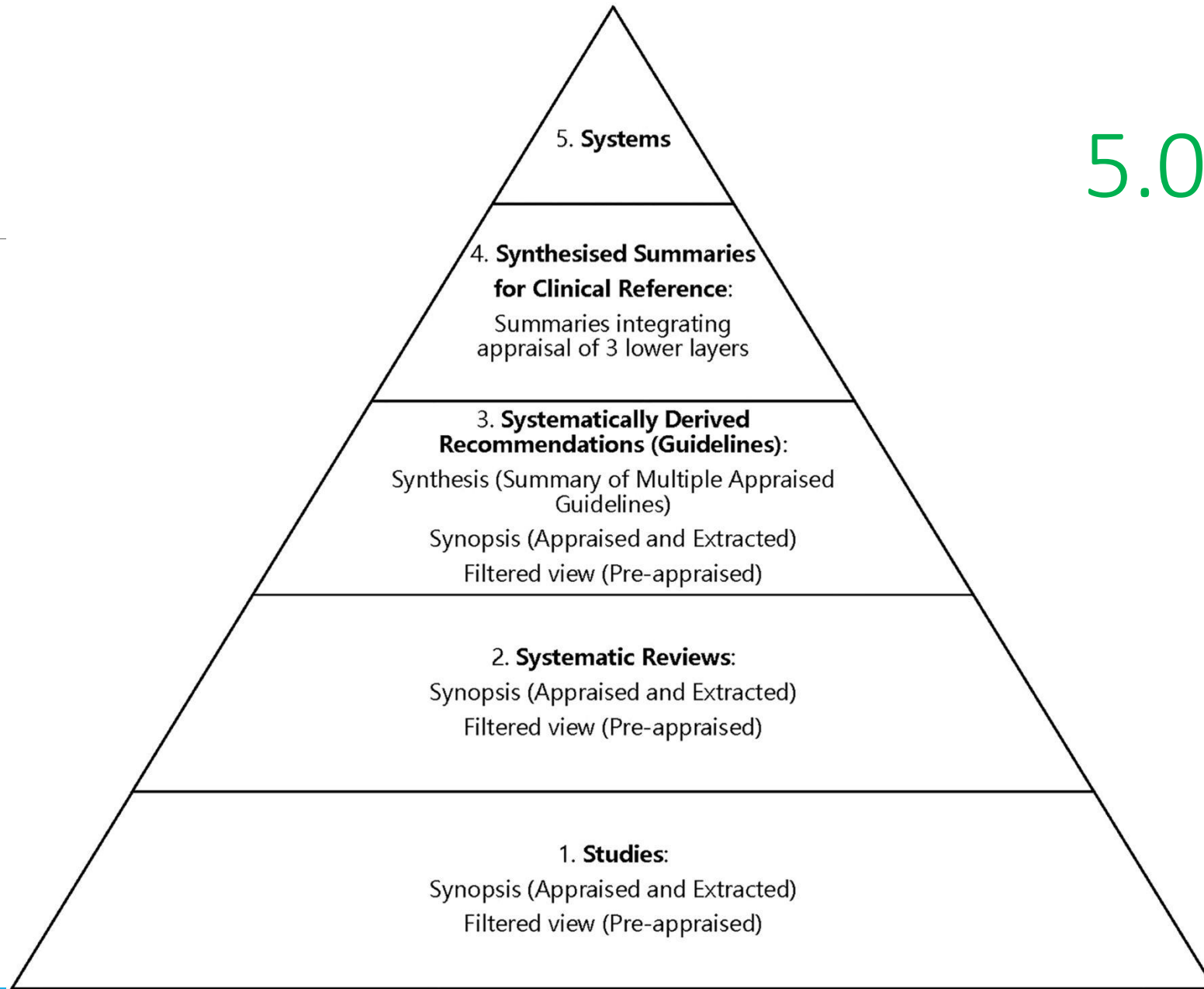
5. Assessing



هرم شواهد 6S



هرم شواهد 5.0



مطالعات مناسب برای هر نوع سوال بالینی

نوع سوال	نوع مطالعات براساس اولویت
مداخله	کارآزمایی های بالینی تصادفی شده (RCTs) < مطالعات کوهورت
سبب شناسی و فاکتورهای خطر	مطالعات کوهورت < مطالعات مورد شاهدهی < مطالعات سری-موردی
تشخیص	مطالعات مقایسه ای آینده نگر کور با استاندارد طلایی / مطالعات مقطعی
پیش آگهی و پیش بینی	مطالعات کوهورت < مطالعات مورد شاهدهی < مطالعات سری-موردی

جستجوی شواهد

❖ تعیین سوال قابل پاسخ (PICO) برای سناریوی بالینی و نوع سوال

❖ تعیین کلمات مترادف، مرتبط و کلمات کنترل شده برای کلیدواژه های PICO

❖ تعیین پایگاههای اطلاعاتی مناسب براساس نوع سوال بالینی

❖ تعیین استراتژی جستجو و در نهایت انجام جستجو

تلفیق عملگرهای بولین و مولفه های PICO

- ➔ (Population OR synonym1 OR synonym2...) AND
- ➔ (Intervention OR synonym1 OR synonym2...) AND
- ➔ (Comparator OR synonym1 OR synonym2...) AND
- ➔ (Outcome OR synonym1 OR synonym2...)

کلمات کنترل شده

❖ کلمات کنترل شده همان اصطلاحات اصطلاحنامه (Thesaurus) مربوط به یک پایگاه اطلاعاتی است

❖ MeSH مربوط به پایگاه اطلاعاتی Medline

TRIP

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<https://www.tripdatabase.com>

❖ فیلتربندی نتایج بر اساس سطح شواهد بصورت نزولی و با رنگ بندی مجزا (الگوبرداری از هرم شواهد)

❖ فیلتربندی نتایج بر اساس ناحیه بالینی (با پرداخت هزینه (Pro))

❖ امکان سه نوع جستجوی ساده، پیشرفته و براساس PICO



SEARCH PICO **ADVANCED** RECENT

obesity AND children AND "video game"

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1. Active video games and health indicators in children and youth: a systematic review

video games might help prevent weight gain in overweight and **obese** participants, but that evidence for normal weight **children** was inconclusive. There was evidence that active **video games** could be beneficial to improve motor skill proficiency and movement cues in participants with movement difficulties. Evidence for the effects of active **video games** on energy intake, cardio-metabolic health indicators and opportunity cost was inconclusive. Authors' conclusions Although active **video games** could (...) Active **video games** and health indicators in **children** and youth: a systematic review Active **video games** and health indicators in **children** and youth: a systematic review Active **video games** and health indicators in **children** and youth: a systematic review LeBlanc AG, Chaput JP, McFarlane A, Colley RC, Thivel D, Biddle SJ, Maddison R, Leatherdale ST, Tremblay MS CRD summary This review found that, although active **video games** could increase

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Systematic Reviews

2. A Prototype Exercise "Empowerment Mobile Video Game for Children With Cancer, and Its Usability Assessment: Developing Digital Empowerment Interventions

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Guidelines	
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Canada	6
UK	5
USA	19
Other	3
Regulatory Guidance	0

Pubmed Clinical Queries

❖ فیلتر جستجوی مروره‌های نظام مند و متاآنالیزها

❖ فیلتر جستجوی شواهد مرتبط و مناسب بر اساس نوع سوال بالینی.

❖ تعیین دامنه جستجو بصورت Broad: بازیابی بیشتر و دقت کمتر؛ و یا Narrow: بازیابی کمتر و

دقت بالاتر

نوع سوال

جستجوی مرورهای نظام مند

BI Resources How To Sign in to NCBI

PubMed Clinical Queries

Results searches on this page are limited to specific clinical research areas. For comprehensive searches, use [PubMed](#) directly.

saffron AND depression Search

Clinical Study Categories

Category: Therapy
Scope: Broad

Systematic Reviews

Topic: All

Results: 5 of 31

affron AND depression a novel saffron extract (*Crocus sativus* L.) in healthy adults mood in healthy adults over 4 weeks in a double-blind, parallel, randomized, placebo-controlled clinical trial.
Beccaria G, Clayton P, Inarejos-García AM, Prodanov M, et al. *J Affect Disord.* 2017 Aug; 33:58-64. Epub 2017 Jun 13.

of Curcumin in Depression: A Meta-Analysis.
Ng QX, Koh SSH, Chan HW, Ho CYX. *J Am Med Dir Assoc.* 2017 Jun 1; 18(6):503-508. Epub 2017 Feb 22.

Efficacy of curcumin, and a saffron/curcumin combination for the treatment of major depression: A randomised, double-blind, placebo-controlled study.
Lopresti AL, Drummond PD. *J Affect Disord.* 2017 Jan 1; 207:188-196. Epub 2016 Oct 1.

Crocus sativus L. versus Citalopram in the Treatment of Major Depressive Disorder with Anxious Distress: A Double-Blind, Randomized, Placebo-Controlled Clinical Trial.
Lopresti AL, Drummond PD. *J Affect Disord.* 2017 Jun 1; 18(6):503-508. Epub 2017 Feb 22.

Results: 5 of 11

Clinical Use of Curcumin in Depression: A Meta-Analysis.
Ng QX, Koh SSH, Chan HW, Ho CYX. *J Am Med Dir Assoc.* 2017 Jun 1; 18(6):503-508. Epub 2017 Feb 22.

Canadian Network for Mood and Anxiety Treatments (CANMAT) 2016 Clinical Guidelines for the Management of Adults with Major Depressive Disorder: Section 5. Complementary and Alternative Medicine Treatments.
Ravindran AV, Balneaves LG, Faulkner G, Ortiz A, McIntosh D, Morehouse RL, Ravindran L, Yatham LN, Kennedy SH, Lam RW, et al. *Can J Psychiatry.* 2016 Sep; 61(9):576-87. Epub 2016 Aug 2.

Saffron: a natural product with potential pharmaceutical applications.
Christodoulou E, Kadoglou NP, Kostomitsopoulos N, Valsami G. *J Pharm Pharmacol.* 2015 Dec; 67(12):1634-49. Epub 2015 Aug 14.

A systematic review of randomized controlled trials examining the efficacy of saffron in the treatment of major depressive disorder.
Lopresti AL, Drummond PD. *J Affect Disord.* 2017 Jun 1; 18(6):503-508. Epub 2017 Feb 22.

Results: 2 of 2

Antidepressant Effect of *Crocus sativus* Aqueous Extract and its Effect on CREB, BDNF, and VGF Transcript and Protein Levels in Rat Hippocampus.
Ghasemi T, Abnous K, Vahdati F, Mehri S, Razavi BM, Hosseinzadeh H. *Drug Res (Stuttg).* 2015 Jul; 65(7):337-43. Epub 2014 Apr 2.

The serotonin transporter length polymorphism, neuroticism, and depression: a comprehensive assessment of association.
Willis-Owen SA, Turri MG, Munafò MR, Surtees PG, Wainwright NW, Brixey RD, Flint J. *Biol Psychiatry.* 2005 Sep 15; 58(6):451-6. Epub 2005 Jul 14.

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دامنه جستجو

Cochrane Library

<http://www.cochranelibrary.com>



❖ **Cochrane Database of Systematic Reviews (CDSR)**

❖ **Cochrane Central Register of Controlled Trials (CENTRAL)**



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Other Reviews

25 Cochrane Reviews matching **obesity AND video games** in All Text

Cochrane Database of Systematic Reviews

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1 **Physical activity, diet and other behavioural interventions for improving cognition and school achievement in children and adolescents with obesity or overweight**

Anne Martin, Josephine N Booth, Yvonne Laird, John Sproule, John J Reilly, David H Saunders

[Intervention](#) [Review](#) 2 March 2018 [Open access](#)[Show preview](#)2

Diet, physical activity and behavioural interventions for the treatment of overweight or obese

UpToDate

<https://www.uptodate.com/contents/search>



❖ در قسمت خلاصه و توصیه ها (summary & recommendation) در بیشتر مواقع با بهره گیری از سیستم بین المللی درجه بندی موسوم به GRADE، قدرت و کیفیت توصیه را مشخص کرده است.

❖ امکان فیلتربندی موارد بازیابی شده بر اساس بزرگسالان، کودکان و بیماران

❖ اطلاعات بیمار در دو شکل ابتدایی (The Basics) و متوسط (Beyond the basics) ارائه می شود

❖ اثرات متقابل دارویی (Drug interactions) را ارائه می دهد

❖ دارای calculators بر اساس تخصص بالینی است

saffron and depression



Search Results for "saffron and depression"

All Adult Pediatric Patient Graphics

Collapse Results

Click related term for depression: [mood disorder](#)

Complementary and alternative treatments for anxiety symptoms and disorders: Herbs and medications

...has been studied in use for **depression**. Two clinical trials, both with methodologic limitations, showed greater reductions in anxiety and **depression** with **saffron** compared with placebo: A clinical trial ...

Saffron

Summary and recommendations

خلاصه و توصیه ها براساس GRADE

Screening for depression in adults

... episode of **depression** frequently have recurrences; among patients with a history of **depression**, 72 percent report having more than one episode . The average age of onset for unipolar **major depression** among ...

Beck Depression Inventory for Primary Care

Definitions

Summary and recommendations

Postpartum unipolar major depression: Epidemiology, clinical features, assessment, and diagnosis

... manifest postpartum **blues** consisting of mild depressive symptoms that are generally self-limited, or more severe syndromes of minor or **major depression**. Untreated postpartum **depression** can result in adverse



وَقُلْ رَبِّ زِدْنِي عِلْمًا

و بگو: «پروردگارا مرا دانش افزای»