

Journal Article Analysis Worksheet

[1] What is the title of the research study?	
[2] For the article, give: <ul style="list-style-type: none"> • 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 <i>YOUR OWN WORDS</i>, 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?	
[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?	