



READ THE PAPER. KEEP THE CONTEXT.

Research reading guide

A practical companion for peptide and compound research. One paper, one evidence record.

A study can advance scientific knowledge without establishing a treatment. Use the next page to record the evidence before repeating a headline or sharing a conclusion.

01

Identify the evidence

Note whether this is laboratory, animal or human research, or a review of earlier studies. Record the exact model or population. Keep conclusions within the scope of that evidence. [1]

02

Read the methods

Write down the research question, comparison, sample size, duration and measured outcome. Note how the researchers tried to reduce bias. These details give the result its context. [1]

03

Read beyond the headline

Record the actual finding and its uncertainty, not just whether it sounds positive. For registered human studies, check the results record for participant flow, outcomes and adverse events. [2]

04

Name the limits

What was not studied? What limitations do the authors describe? Separate an observed result from an explanation or speculation. Record missing information as "not reported" rather than assuming it was absent.

A precise summary

In [model or population], researchers compared [conditions] over [duration] and measured [outcome]. They reported [finding]. The main limitations were [limitations].

Read the source guidance

[1] [NCCIH: Methods and Types of Research](#)

[2] [ClinicalTrials.gov: How to Read Study Results](#)

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PRINT IT OR TYPE INTO THE FIELDS.

Evidence worksheet

Use one copy per paper. Save your completed copy locally and keep the original source link.

Paper title

Original source link or DOI

Publication date

Research type and exact model or population

Research question and comparison group

Sample size and study duration

Main outcome measured

Main finding, including effect size or uncertainty if reported

Limitations and adverse events reported

What the study did not investigate

Questions for a qualified researcher or clinician

If a detail is unavailable, write "not reported." Keep interpretations separate from findings. This form has no submit button and does not send your entries to SRP.