



Editorial

Scientific guidelines to write a systematic review article

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ARTICLE INFO

Article history:

Received 15-01-2024

Accepted 19-01-2024

Available online 27-01-2024

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Review papers are becoming more and more important in the health sciences every day. Review papers are a great way for clinicians to stay current on issues related to their area of expertise. They can also be used as a basis for developing guidelines. Review articles fall into two categories: narrative reviews and systematic reviews. Narrative evaluations allow for a wide range of topic matter to be considered and are written in an easily reading fashion. On the other hand, a thorough and in-depth literature survey on the chosen topic is carried out in a systematic review.¹

There are two types of systematic reviews: qualitative reviews and quantitative reviews. A thorough examination of the literature is done in both of them. On the other hand, study data are gathered and quantitatively assessed in quantitative reviews (i.e. meta-analysis).¹

The updated PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines are followed to write a systematic review and meta-analysis articles. A 27-item checklist is part of the PRISMA statement, which is built upon in order to write a well-designed review article.² Completing these items' prerequisites will make sense when working on a review paper or meta-analysis.

1. The main goal of producing a review article is to compile the greatest literature sources on a topic or significant research question into a comprehensible

synthesis. Writing a review article entails compiling, evaluating, and synthesizing the body of knowledge regarding a given subject. The following tips will assist you in creating a well-written review article:

2. Choose a topic that is current, relevant, and engaging to your target audience. Make sure there is enough literature already published on the subject to allow for a thorough examination.
3. Clearly state the parameters of your review to prevent it from being overly wide or narrow. Indicate which studies will be included and which ones will be excluded.
4. Perform a thorough literature search to locate original research papers, reviews, and meta-analyses on the subject of your choice. You can do this by utilizing academic databases, libraries, and other pertinent sources.
5. Clearly define the opening, main body, and conclusion of your review piece. Subheadings can be used to arrange the topic's various facets. Give a summary of the subject and its importance. Indicate in the introduction section exactly what the goals and purpose of your evaluation are.
6. Divide the main body into sections according to approaches, themes, or other pertinent categories. Highlight the methodology, findings, and conclusions of each study in your summary of the major conclusions.

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7. Consider the benefits and drawbacks of each study. Identify any gaps or discrepancies in the body of recent literature. Combine data from several investigations to derive generalizations. Talk about the ways in which the research advances our knowledge of the subject. Put the current research into the larger field perspective. Talk about any pertinent theoretical theories or frameworks.
8. Use the citation style recommended by the journal or your university to properly credit all of the sources you use in your review. Compose in an interesting, succinct, and straightforward way. To improve understanding, use figures and informative examples. List the main conclusions drawn from your review. Emphasize the reviewed research's implications for the field. Make recommendations for future study paths.
9. Check the language, clarity, and coherence of your article. Ask mentors or peers for their opinions. If you are sending your review to a journal, be sure to adhere to their particular requirements for style, length, and structure.
10. Verify that your review is current by checking for the most recent research before submitting. Keep in mind that the particular requirements could change based on the magazine or organization; therefore it's crucial to review the instructions given by your instructor or the target journal.

In brief, the process of creating a review article entails a methodical approach to the synthesis, analysis, and summarization of previous research on a selected subject. Start by choosing an interesting and relevant topic, making sure there is enough written about it. To prevent ambiguity, precisely specify the subject of your review and use academic databases to perform a comprehensive literature search. Using subheadings to help with organization, arrange your review into an introduction, major body, and conclusion. Give a summary of the subject and outline your

goals in the introduction.^{2,3}

A summary and critical analysis of each study should be included, and the main body should be divided into sections according to topics. Put the research in the larger context of the field by synthesizing the data to reach general conclusions. Cite all of your sources correctly, following the guidelines provided, and draw readers in with concise language, illustrations, and graphs. Give a brief summary of the main conclusions and make some recommendations for further research. Make sure the article is clear, coherent, and follows the rules of the publication or institution before submitting it. Keeping up with the most recent research is essential to making sure the review is relevant and up to date.³

1. Conflict of Interest

None.

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Cite this article: Kumar P M. Scientific guidelines to write a systematic review article. *International Dental Journal of Student's Research* 2023;11(4):139-140.