



# Systematic Review and Meta-Analysis

10<sup>th</sup> wave course syllabus (February to April/ 2026)

This course was designed to help you start from scratch, until you end up with a full systematic review written by you and your team.

Steps to complete course and gain maximum benefit:

1. For each part, start by watching videos
2. Read the supplementary material provided
3. Do the task and save what you did because every task is a continuation of the previous one.
4. Attend the online lectures.
5. By the end of the course, you should have written an entire manuscript, you submit it to the doctors for review and feedback.
6. If your manuscript is well-written, and you are interested in publishing it, doctors will provide help.

\*Notes:

- A systematic review has to have a team, so individually performed projects will not be sufficient.
- Groups are always open for inquires and questions, and if you face trouble at any part of the course, our doctors will help you with whatever you need.

Course summary:

Part No.	Module Title	Duration (Minutes)	Intended Learning Outcomes (ILOs)
1	An Overview about Research	50	<ol style="list-style-type: none"><li>1. Understanding the meaning of medical research</li><li>2. Understanding the general concepts and terms of research</li><li>3. Understanding the meaning of evidence-based medicine</li><li>4. Learning how to read research papers</li></ol>
2	Research Infrastructure	37	<ol style="list-style-type: none"><li>1. What is a research idea and how to find one?</li></ol>



			<ol style="list-style-type: none"><li>2. What is a PICO question, and how to formulate it?</li><li>3. What is a research protocol and how to write one?</li><li>4. Research team and its importance</li></ol>
3	Search data bases	53	<ol style="list-style-type: none"><li>1. Develop your keywords</li><li>2. Formulating search terms and using MeSH effectively.</li><li>3. Conducting search and exporting results in various formats on PubMed, Scopus, Cochrane and Google scholar.</li></ol>
4	Filtration and duplication removal	46	<ol style="list-style-type: none"><li>1. Research filtration and how to perform it</li><li>2. Duplication removal and how to do it</li><li>3. Everything about PRISMA and how to create it</li></ol>
5	Data Extraction	49	<ol style="list-style-type: none"><li>1. How to extract data from included papers</li><li>2. General quality assessment and how to perform NIH and Cochrane RoB</li></ol>
6	Data Analysis	63	<ol style="list-style-type: none"><li>1. data analysis part 1</li><li>2. data analysis part 2</li><li>3. data cleaning part 1</li><li>4. Data cleaning part 2</li></ol>
7	Writing the manuscript	88	<ol style="list-style-type: none"><li>1. Writing a manuscript draft according to IMRD + AC standard.</li><li>2. Describing Methodology and Results clearly and effectively</li><li>3. Discussing findings and comparing to existing literature.</li><li>4. Writing an Introduction to the article.</li><li>5. Properly gathering components with addition of abstract and conclusion and other relevant parts if needed in a unified manuscript draft.</li><li>6. Generating citations according to common styles.</li></ol>
8	Publication and Conferences	23	<ol style="list-style-type: none"><li>1. Finding a suitable journal to publish</li><li>2. Finding conferences and meetings to participate</li><li>3. Do the submission</li></ol>



**Details of online lecture:**

Meeting title	Date:	Time:	Link:
Introduction to the ARC course	Sunday, February 1	7:00 – 8:00pm	Introduction to the ARC course and fundamentals Sunday, February 1 · 7:00 – 8:00pm Time zone: Asia/Amman Google Meet joining info Video call link: <a href="https://meet.google.com/uot-nmbu-wed">https://meet.google.com/uot-nmbu-wed</a>
Tips and tricks about research concepts	Tuesday, February 3	7:00 – 8:00pm	Tips and tricks about research concepts Tuesday, February 3 · 7:00 – 8:00pm Time zone: Asia/Amman Google Meet joining info Video call link: <a href="https://meet.google.com/jyi-fxsi-uvz">https://meet.google.com/jyi-fxsi-uvz</a>
Present your idea	Thursday, February 5·	7:00 – 8:00pm	Present your idea Thursday, February 5 · 7:00 – 8:00pm Time zone: Asia/Amman Google Meet joining info Video call link: <a href="https://meet.google.com/nwt-yopu-qqa">https://meet.google.com/nwt-yopu-qqa</a>
Search and Filtration	Monday, February 9·	6:00 – 7:00pm	Search and Filtration Monday, February 9 · 6:00 – 7:00pm Time zone: Asia/Amman Google Meet joining info Video call link: <a href="https://meet.google.com/ifu-trnb-smh">https://meet.google.com/ifu-trnb-smh</a>
Data extraction	Thursday, February 12·	7:00 – 8:00pm	Data extraction Thursday, February 12 · 7:00 – 8:00pm Time zone: Asia/Amman Google Meet joining info Video call link: <a href="https://meet.google.com/ryz-eshf-qfc">https://meet.google.com/ryz-eshf-qfc</a>



## A+ Research Community

Team: Mohammad Taha & Mohammad Abuawwad

Data analysis	Monday, February 16·	7:00 – 8:00pm	Data analysis Monday, February 16 · 7:00 – 8:00pm Time zone: Asia/Amman Google Meet joining info Video call link: <a href="https://meet.google.com/ibm-ymuv-sce">https://meet.google.com/ibm-ymuv-sce</a>
Writing your paper	Saturday, February 21·	7:00 – 8:00pm	Writing your paper Saturday, February 21 · 7:00 – 8:00pm Time zone: Asia/Amman Google Meet joining info Video call link: <a href="https://meet.google.com/vge-nsxw-ibn">https://meet.google.com/vge-nsxw-ibn</a>
Conferences and Journals	Tuesday, February 24·	7:00 – 8:00pm	Conferences and Journals Tuesday, February 24 · 7:00 – 8:00pm Time zone: Asia/Amman Google Meet joining info Video call link: <a href="https://meet.google.com/tzg-uaju-zbr">https://meet.google.com/tzg-uaju-zbr</a>
Course ceremony	Monday, March 2·	7:00 – 8:00pm	Course ceremony Monday, March 2 · 7:00 – 8:00pm Time zone: Asia/Amman Google Meet joining info Video call link: <a href="https://meet.google.com/bkj-uidg-myt">https://meet.google.com/bkj-uidg-myt</a>