

PICO FRAMEWORK WORKSHEET

The PICO framework helps you create a clear and focused research question by breaking it down into four components: Population, Intervention, Comparison, and Outcome.

POPULATION (P)

Who are the specific individuals or groups you are interested in?

What are their key characteristics (e.g., age, gender, condition)?

Are there any specific inclusion or exclusion criteria?

Your Definition of Population (P)

INTERVENTION (I)

What is the specific treatment, exposure, or factor being examined?

How is it delivered or administered?

What is the duration or frequency of the intervention?

Your Definition of Intervention (I)

COMPARISON (C)

What will you compare your intervention to (e.g., placebo, standard care, another intervention)?

Is there a logical comparison group for your research question?

Your Definition of Comparison
(C)

OUTCOME (O)

What specific results or effects
are you interested in?

How will you measure or
assess these outcomes?

Are these outcomes relevant
and measurable?

Your Definition of Outcome
(O)

FORMULATE YOUR RESEARCH QUESTION

Combine the elements you
defined above to create your
complete research question.