



Appendix




CASP checklist for systematic review.



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CASP Checklist: 10 questions to help you make sense of a Systematic Review

How to use this appraisal tool: Three broad issues need to be considered when appraising a systematic review study:

-  Are the results of the study valid? (Section A)
-  What are the results? (Section B)
-  Will the results help locally? (Section C)

The 10 questions on the following pages are designed to help you think about these issues systematically. The first two questions are screening questions and can be answered quickly. If the answer to both is "yes", it is worth proceeding with the remaining questions. There is some degree of overlap between the questions, you are asked to record a "yes", "no" or "can't tell" to most of the questions. A number of italicised prompts are given after each question. These are designed to remind you why the question is important. Record your reasons for your answers in the spaces provided.

About: These checklists were designed to be used as educational pedagogic tools, as part of a workshop setting, therefore we do not suggest a scoring system. The core CASP checklists (randomised controlled trial & systematic review) were based on JAMA 'Users' guides to the medical literature 1994 (adapted from Guyatt GH, Sackett DL, and Cook DJ), and piloted with health care practitioners.

For each new checklist, a group of experts were assembled to develop and pilot the checklist and the workshop format with which it would be used. Over the years overall adjustments have been made to the format, but a recent survey of checklist users reiterated that the basic format continues to be useful and appropriate.

Referencing: we recommend using the Harvard style citation, i.e.: *Critical Appraisal Skills Programme (2018). CASP (insert name of checklist i.e. Systematic Review) Checklist. [online] Available at: URL. Accessed: Date Accessed.*

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Paper for appraisal and reference:

Section A: Are the results of the review valid?

1. Did the review address a clearly focused question?

Yes	<input checked="" type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

HINT: An issue can be 'focused' in terms of

- the population studied
- the intervention given
- the outcome considered

Comments: This review was primarily focused on understanding the impact of health education among pregnant women in Saudi Arabia towards reducing risks and complications related to pregnancy through self-awareness and health-behavior.

2. Did the authors look for the right type of papers?

Yes	<input checked="" type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

HINT: "The best sort of studies" would

- address the review's question
- have an appropriate study design (usually RCTs for papers evaluating interventions)

Comments: Throughout this review, recent literatures (study design: cross sectional study; questionnaire survey) were reviewed to address the study questions.

Is it worth continuing?

3. Do you think all the important, relevant studies were included?

Yes	<input type="checkbox"/>
Can't Tell	<input checked="" type="checkbox"/>
No	<input type="checkbox"/>

HINT: Look for

- which bibliographic databases were used
- follow up from reference lists
- personal contact with experts
- unpublished as well as published studies
- non-English language studies

Comments: Some of the studies could not be included in this systematic review due to the unavailability of full-text while some of the articles were not written and available in English language.



4. Did the review's authors do enough to assess quality of the included studies?

Yes	<input type="checkbox"/>
Can't Tell	<input checked="" type="checkbox"/>
No	<input type="checkbox"/>

HINT: The authors need to consider the rigour of the studies they have identified. Lack of rigour may affect the studies' results. ("All that glisters is not gold" Merchant of Venice – Act II Scene 7)

Comments: This study only included cross-sectional studies, no review articles were selected for the systematic review, which may have reduced the quality of literature searching.

5. If the results of the review have been combined, was it reasonable to do so?

Yes	<input checked="" type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

HINT: Consider whether

- results were similar from study to study
- results of all the included studies are clearly displayed
- results of different studies are similar
- reasons for any variations in results are discussed

Comments: Almost all the studies included in this systematic review study showed similar findings- pregnancy-related health education during pregnancy has a positive impact as it provides enhanced obstetric results among pregnant women.

Section B: What are the results?

6. What are the overall results of the review?

HINT: Consider

- if you are clear about the review's 'bottom line' results
- what these are (numerically if appropriate)
- how were the results expressed (MNT, odds ratio etc.)

Comments: Intervention strategies for health education to improve pregnancy-related health behavior and knowledge is not adequate. Therefore, proper pregnancy-related health educational strategies need to be undertaken in Saudi Arabia to guide and educate pregnant women about different psychological issues and clinical complications related to their pregnancy.



7. How precise are the results?

HINT: Look at the confidence intervals, if given

Comments: N/A

Section C: Will the results help locally?

8. Can the results be applied to the local population?

Yes

Can't Tell

No

HINT: Consider whether

- the patients covered by the review could be sufficiently different to your population to cause concern
- your local setting is likely to differ much from that of the review

Comments: This review study included existing literatures related to pregnancy related health education in Saudi Arabia, hence the findings can be applied to the local population.

9. Were all important outcomes considered?

Yes

Can't Tell

No

HINT: Consider whether

- there is other information you would like to have seen

Comments: Some of the healthcare education interventions during pregnancy was considered, while clinical interventions were not included in this review.

10. Are the benefits worth the harms and costs?

Yes

Can't Tell

No

HINT: Consider

- even if this is not addressed by the review, what do you think?

Comments: Actually the author did not address costs, however, various studies were included in this review to confirm that the results in this study were not just a chance of occurrence, thus, the benefits would be worth the cost.