



## Glossary of Scientific Terms

### Association

A relationship. In research studies, association means that two characteristics (sometimes also called variables or factors) are related so that if one changes, the other changes in a predictable way. An association does not necessarily mean that one variable causes the other.

### Bias

Any factor, recognized or not, that distorts the findings of a study. In research studies, bias can influence the observations, results, and conclusions of the study and make them less accurate or believable.

### Causation

Two variables are causally related if changes in the value of one cause the other to change. Two variables can be associated without having any causal relation, and even if two variables have a causal relation, their correlation can be small or zero.

### Correlation

A measure of linear association between two (ordered) lists. Two variables can be strongly correlated without having any causal relationship, and two variables can have a causal relationship and yet be uncorrelated.

### Confounding Variable

An unforeseen, and unaccounted-for variable that jeopardizes reliability and validity of an experiment's outcome. (e.g., age, gender, smoking, income).

### Relative Risk

A comparison of the risk of a particular event for different groups of people. Relative risk (RR) is usually used to estimate exposure to something that could affect health.

### Reliability

The extent to which a measure, procedure or instrument yields the same result on repeated trials.

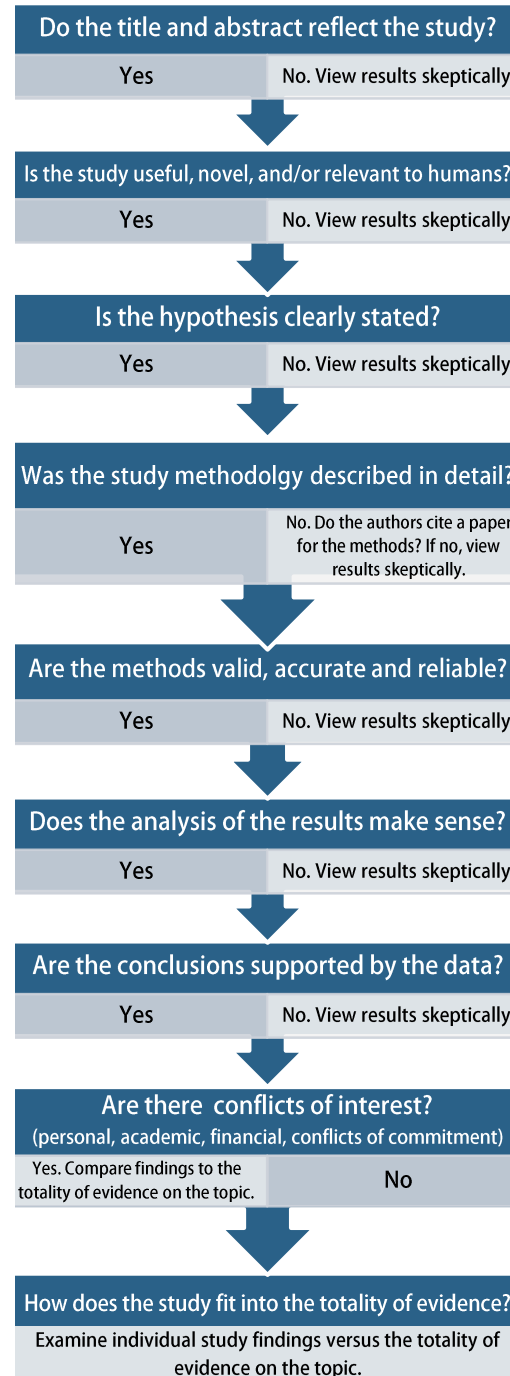
### Statistical Significance

Calculation of the probability that an observed effect in a research study is occurring because of chance, typically expressed as a P-value (e.g.,  $p < 0.05$ ).

### Validity

The degree to which a study accurately reflects or assesses the specific concept that the researcher is attempting to measure. A method can be reliable, consistently measuring the same thing, but not valid.

## IFIC Study Evaluation Checklist



## Study Design Cheat Sheet

Type	Design	Definition
Observational	Cohort	Cohort studies follow a group of people who share common characteristics and assess whether exposure to a certain risk factor leads to certain outcome.
	Case-control	Case-control studies follow specific groups of people, cases vs. controls for a certain outcome, who differ only by exposure to a risk factor.
	Cross-sectional	Cross-sectional studies examine associations at a single point in time to assess prevalence of exposure to a risk factor or disease outcome.
	Ecological	Ecological or Epidemiological studies assess the rate of a disease outcome in relation to population-level factors.
Experimental	Preventative trial	Preventative trials use healthy individuals to assess illness prevention via an intervention.
	Clinical trial	Clinical trials use a particular type of person or group of people and follow a pre-defined intervention plan.
	Diagnostic trial	Diagnostic trials screen a particular type of person or group of people and follow a pre-defined intervention plan.