

Scholarly Article Exploration and Analysis

Research article components to look for - labels can vary:

- **Abstract:** A brief summary at the beginning, describing the larger work. May include the thesis or claim, background, and scope of the research.
- **Literature review:** A critical overview of previous research that is relevant to the topic, usually in the introduction or beginning of the article. (Hint: look for many in-text citations)
- **Methods/Methodology:** Describes how the study/research was designed, includes the description of the participants of the study (who or what was studied), and how the data was collected.
- **Results:** Describes the data collected, who was included (who was left out)
- **Discussion:** The discussion section is one of the final parts of a research article, in which an author describes, analyzes, and interprets their findings. They explain the significance of those results and tie everything back to the research question(s).
- **Conclusion:** Usually the final section of the article that explains the importance of the research and suggests future research on the topic.

Instructions

1. Break into groups
2. Enter names next to group #
3. Identify a research topic
4. Locate a scholarly article from the library's databases
5. Select and review an article and review it as a group
6. Answer the following:
 - Citation - provide the citation or link to the article
 - Review the *Methodology or Methods and Results* section.
 - Who is being studied? Who is not included in the study methods?
 - Copy and paste a quote from the literature review that connects to the research study goals.
 - Review the *Results, Conclusions and Discussion* sections. Briefly describe what the researchers were able to determine based on their study.

Group 1

Names: Evelyn Fontana, Emilie Paul

Topic: Veganism

Directions: Find a scholarly article using the library databases

1. Provide the citation or link to the article

Ögmundarson, Ó., Luciano, E., Geirsdóttir, Ó. G., & Ögmundardóttir, H. (2023). Veganism and Its Challenges: The Case of Iceland. *Journal of Agricultural & Environmental Ethics*, 36(1), 1–20.

<https://doi-org.jwupvdz.idm.oclc.org/10.1007/s10806-023-09902-0>

2. Review the *Methodology or Methods and Results* section. Who is being studied?

Who is not included in the study methods?

“The 2022 Icelandic Dietary Survey is the only official document reporting veganism in Iceland: with only a sample of 10 people for the survey, we believe the survey to be insufficient to formulate broader considerations about the phenomenon of veganism in Iceland and forecast its social as well as economic impact.” (Luciano, et al.)

3. Copy and paste a quote from the literature review that connects to the research study goals.

“The overall environmental impact of factory farming has thus become particularly linked to people’s reasons for choosing a vegan diet. Indeed, copious literature shows that meat-based diets have a higher environmental impact than vegan diets.” (Luciano, et al.)

4. Review the *Results, Conclusions and Discussion* sections. Briefly describe what the researchers were able to determine based on their study.

Based on these sections, researchers were able to determine that Icelandic people have the means in terms of wealth to maintain a vegan centered diet, however Iceland itself is more catered towards a meat centered diet as they are not self sufficient in the vegetable/fruit field while they are in the fish and animal fields. Since the vegetable products need to be imported via plane or ship, a vegan diet may have a higher impact environmentally than if they just used their local goods.

Group 2

Names:

Topic:

Directions: Find a scholarly article using the library databases

1. Provide the citation or link to the article
2. Review the *Methodology or Methods and Results* section. Who is being studied? Who is not included in the study methods?
3. Copy and paste a quote from the literature review that connects to the research study goals.
4. Review the *Results, Conclusions and Discussion* sections. Briefly describe what the researchers were able to determine based on their study.

Group 3

Names: Quinn Kelly, Sebastian Bisono, Zachary Gillespie, Alexandra Garcia cruz, Behnaz Zobeiri, Bobby Hickey, Andrew Szemrelyo

Topic: Low-Carb Diet vs Low-Fat Diet

Directions: Find a scholarly article using the library databases

5. Provide the citation or link to the article

<https://research-ebsco-com.jwupvdz.idm.oclc.org/c/7akxip/viewer/pdf/3plsiiix75>

6. Review the *Methodology or Methods and Results* section. Who is being studied? Who is not included in the study methods?

“The inclusion criteria for this study were studies using obese patient subjects undergoing low-carb diet and low-fat diet.”

7. Copy and paste a quote from the literature review that connects to the research study goals.

“The provision of LCD intervention able to reduce fat mass in the body, so that weight loss and body mass index are more significant.”

8. Review the *Results, Conclusions and Discussion* sections. Briefly describe what the researchers were able to determine based on their study.

“LCD and LFD interventions can both affect the changes in body composition in people with obesity.”

Group 4

Names: Cassidy DiSalle, Nick Fretchel, Mia Kaminsky, Ally Diorio

Topic: How does a food allergy impact children's overall growth?

Directions: Find a scholarly article using the library databases

9. Provide the citation or link to the article

Papachristou, E., Voutsina, M., Vagianou, K., Papadopoulos, N., Xepapadaki, P., & Yannakoulia, M. (2024).

Dietary Intake, Diet Diversity, and Weight Status of Children With Food Allergy. *Journal of the Academy of Nutrition and Dietetics*, 124(12), 1606–1613. <https://doi.org/10.1016/j.jand.2024.05.019>

10. Review the *Methodology or Methods and Results* section. Who is being studied? Who is not included in the study methods?

100 children ages 3-18, with milk, egg, or nut allergies as well as respiratory allergies, and 60 children ages 3-18 with no allergies (as a control).

11. Copy and paste a quote from the literature review that connects to the research study goals.

“Moreover, growth faltering has been reported in children with FA compared with healthy controls,¹¹ especially in children with an allergy to milk proteins.”

12. Review the *Results, Conclusions and Discussion* sections. Briefly describe what the researchers were able to determine based on their study.

Researchers determined that children with food allergies and respiratory allergies were more consistently underweight than those in the control group with no allergies.

Group 5

Names: Kimera D., Zachary T. Sienna B., Hector

Topic: Eating a plant-based diet to maintain type 2 diabetes

Directions: Find a scholarly article using the library databases

13. Provide the citation or link to the article

Alali, R. A., Alateeq, S. A., Almuhanha, A. F., Al Elq, A. H., Albaker, W. I., Habara, A., Alrubaish, F. A., Vatte, C., Loza, B.-L., Al-Muhanna, F. A., & Al-Ali, A. K. (2024). Dietary assessment of type 2 diabetic patients using healthful plant-based diet score in the Eastern Province of Saudi Arabia. *BMC Nutrition*.

14. Review the *Methodology or Methods and Results* section. Who is being studied? Who is not included in the study methods?

- Studied: Type 2 diabetic patients in the Eastern Province of Saudi Arabia

15. Copy and paste a quote from the literature review that connects to the research study goals.

- "Overall, a high healthful plant-based diet score was associated with a significant ($P=0.018$) reduction in triglycerides (TG) level (mean difference -3.78% ; 95% CI, -0.65% to -6.81%) and a statistically non-significant ($P=0.06$) increase in high density lipoprotein (HDL) levels"

16. Review the *Results, Conclusions and Discussion* sections. Briefly describe what the researchers were able to determine based on their study.

- The study highlights the importance of a balanced plant-based diet in controlling blood sugar levels and promoting overall health in diabetic individuals. Additionally, it identifies the dietary gaps and the need for dietary interventions to improve health outcomes in this population.

Group 6

Names: Khloe Jones, Kianna Felton, Mae Claffey, Simon Fain

Topic: Sugar-Free Alternatives

https://go-gale-com.jwupvdz.idm.oclc.org/ps/retrieve.do?tabID=Journals&resultListType=RESULT_LIST&searchResultsType=SingleTab&retrievalId=61d4f666-a9ea-4717-bc64-b9e075bf1729&hitCount=201&searchType=BasicSearchForm¤tPosition=2&docId=GALE%7CA478152661&docType=Article&sort=Relevance&contentSegment=ZHRC-MOD1&prodId=HWRC&pageNum=1&contentSet=GALE%7CA478152661&searchId=R1&userGroupName=prov43712&inPS=true

Directions: Find a scholarly article using the library databases

1. Provide the citation or link to the article

The Effect of Sugar-Free Versus Sugar-Sweetened Beverages on Satiety, Liking and Wanting: An 18 Month Randomized Double-Blind Trial in Children. (2013). *PLoS ONE*, 8(10), e78039.
<http://dx.doi.org.jwupvdz.idm.oclc.org/10.1371/journal.pone.0078039>

2. Review the *Methodology or Methods and Results* section. Who is being studied?
Who is not included in the study methods?

The primary method was a double-blind 18 month study in the Netherlands on 641 children between the ages of 5-11, with parental consent. This does not include the very young, or teenagers and up. They also mainly included one ethnicity, and did not focus on those with health conditions.

3. Copy and paste a quote from the literature review that connects to the research study goals.

"We found that sugar-sweetened and sugar-free beverages produced similar satiety. Therefore when children are given sugar-free instead of sugar-containing drinks they might not make up the missing calories from other sources. This may explain our previous observation that the children in the sugar-free group accumulated less body fat than those in the sugar group[1]."

4. Review the *Results, Conclusions and Discussion* sections. Briefly describe what the researchers were able to determine based on their study.

Generally, the children who had the sugar-sweetened beverage enjoyed it more and wanted more of it. For both the sugar-sweetened and the sugar-free sweetened, the subjects were most satisfied 1 minute after ingesting the drink.