

What is the Systematic Review and Who Does Write it?



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A systematic review can be an invaluable and useful tool for a researcher or a specialized clinician to address the challenging issues in his/her specific area of knowledge. A well-designed systematic review indicates the latest and most complete data available on a specific subject or intervention.¹ Successful clinical decision is a difficult and complex process, which can be made based on available scientific evidence, personal experiences, and common rules and regulations. Given the increasing trend in quantitative and qualitative stubborn and superfluous clinical evidence, a researcher may not have time, motivation, and skill to collect data, critique, and conclude them.^{2,3}

Fortunately, a systematic review helps us answer certain clinical questions. Actually, the systematic review is an important vital interface between investigations, studies, and decision making on the patient's situation. On the other hand, the systematic review articles, which are properly prepared and written by the "leading researchers" and "experienced authors", form the basis of the parts of the text of reference books. Nowadays, review articles have received widespread attention, and over the recent years, the number of systematic reviews or review articles published in journals has been steadily increased. The editors are interested in such articles, because the paper written by the author has been widely welcomed and further references increase the "Impact Factor" of the journal.⁴

Readers also have a particular interest in this type of article, because it is an appropriate asset to spread the medical knowledge and to keep the medical information "up-to-date". In the systematic review article, the latest scientific findings on a particular subject are criticized,

and the purpose of writing a review article is not just information dissemination, but the evaluation and interpretation of data; and the authors' opinion about the subject is also considered.⁵

Finally, a good systematic review is a paper that would help the reader to decide more easily on dissenting and controversial issues and, if necessary, to access information, or to be more confident in referring to the key resources mentioned. I hope for the publication of valuable systematic review articles by Iranian researchers.

Ethical Approval

Not applicable.

Conflict of Interest Disclosures

The author declares that he has no conflict of interests.

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