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Writing for the Sciences

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The three articles I have read are “Nutritional aspects of depression in adolescents - A systematic review”, “Relationship between diet and mental health in children and adolescents: A systematic review,” and “Nutritional psychiatry: Towards improving mental health by what you eat.” The similar approach in all the three of these articles is that they used systematic reviews to draw an evidence based conclusion. In these papers, they used multiple studies to look at the patterns of consistency because people are inclined to believe in things that are statistically consistent.

These papers tend to cater to an academic audience and hence focused on logical derivation of results from the meta- analyses of other research work which helps readers to draw the relevance of previous research done on a topic and purpose of those being carried forward. The meta- analyses also show how different researchers focused on different factors influencing an issue and hence enhances the knowledge of readers on a topic to make informed judgements on the issue. Approach to rationality was common to all these articles. All these articles highlighted the presences of biases that might be involved and showed how despite the biases the results that showed consistency should be reliable. Thus, all these articles catered to the needs of rationale that readers look for. So the data presented were broken down to simple terms for readers to comprehend the research study and not just the results of the study.

