Process for meta-analysis

Step 1—Ask a relevant research question for systematic review
Step 2—Systematically search for relevant evidence to answer the research question
Step 3—Critically appraise all studies to determine their quality using standardized criteria
Step 4—Determine the agreement across quality studies
Step 5—Synthesize the evidence
Step 6—Apply statistical analysis across studies in the review
Step 7—Interpret study findings and make recommendations