

THE ECOSYSTEM OF EVIDENCE

Navigating the future of the ecosystem of evidence

Artificial intelligence and digital transformation in research and healthcare

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#EBHC2026

The People's Review

An online citizen science approach to involving the public in a systematic review

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30th GIMBE 1996-2026 EVIDENCE FOR HEALTH

International Society for Evidence-Based Health Care

THE PEOPLE'S REVIEW

Powered by the Public

The People's Review is a **systematic** review **co-produced**, online with members of the **public.**



Aims



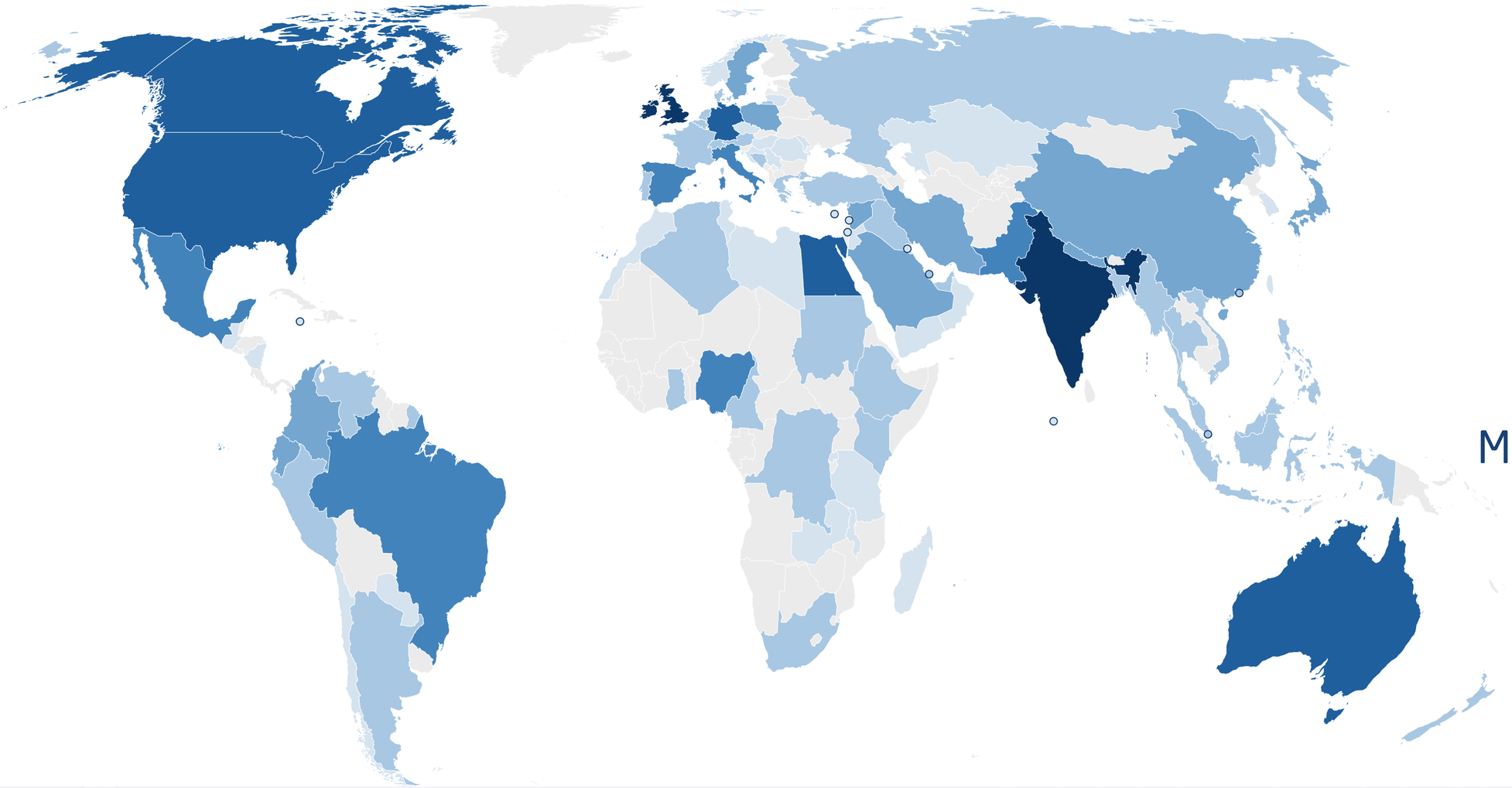
To support the public to understand what reviews are and why they matter.



To develop, implement and evaluate a novel, citizen science approach to involving the public in a review.

Who took part?

669 people from 91 countries



Global South = 45.3%

Global North = 54.7%

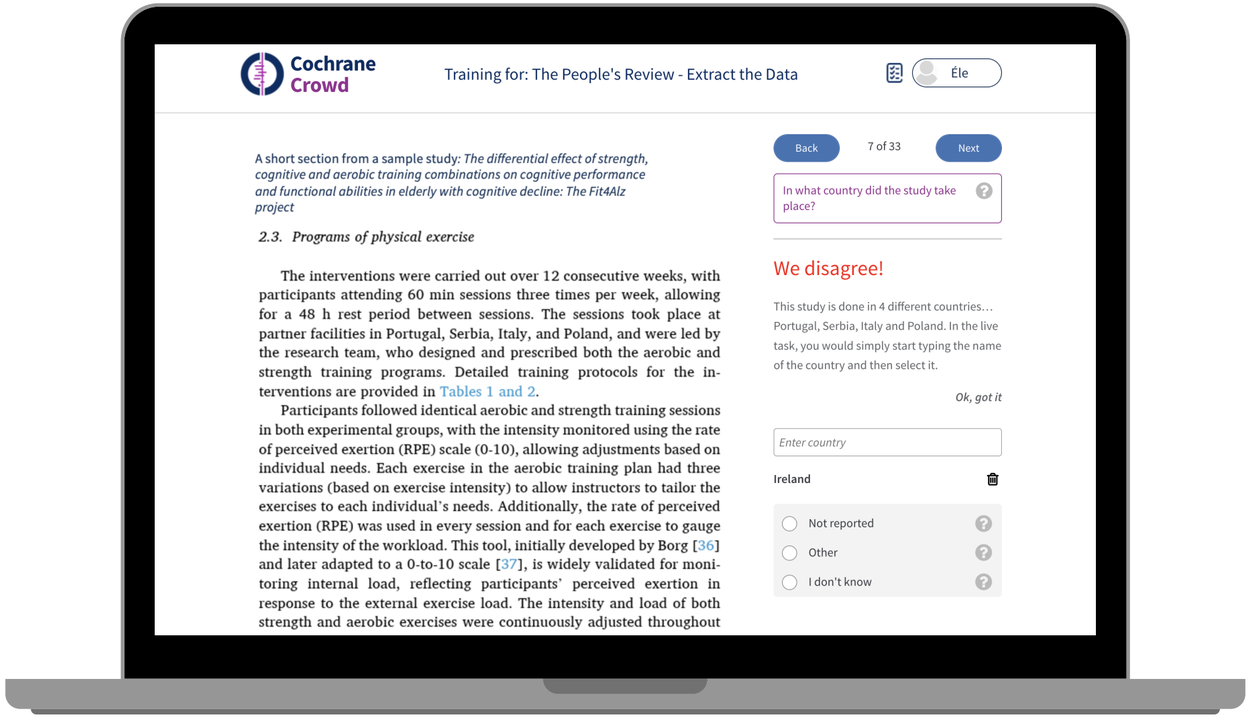
77.7% under 45 years

Most people were from a research or healthcare background

Stages of The People's Review



How we supported people



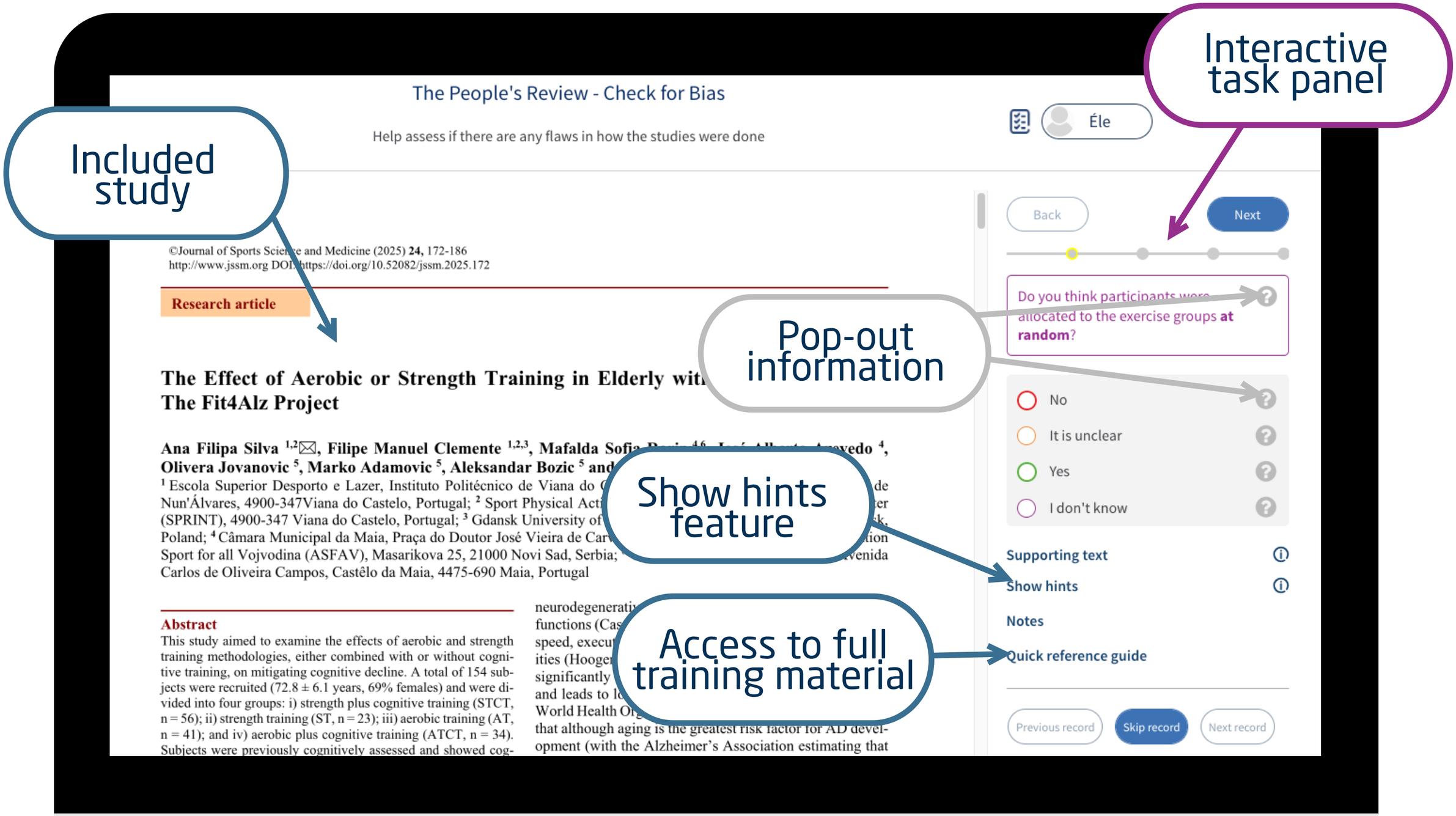
Topics

thepeoplesreview.ie



Animations

Cochrane Crowd


Interactive task panel
Included study
Pop-out information
Show hints feature
Access to full training material
The People's Review - Check for Bias
Help assess if there are any flaws in how the studies were done
Éle
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©Journal of Sports Science and Medicine (2025) 24, 172-186
http://www.jssm.org DOI: https://doi.org/10.52082/jssm.2025.172
Research article
The Effect of Aerobic or Strength Training in Elderly wit
The Fit4Alz Project
Ana Filipa Silva [1,2]✉, Filipe Manuel Clemente [1,2,3], Mafalda Sofia
Olivera Jovanovic [5], Marko Adamovic [5], Aleksandar Bozic [5] and
[1] Escola Superior Desporto e Lazer, Instituto Politécnico de Viana do
Nun'Álvares, 4900-347Viana do Castelo, Portugal; [2] Sport Physical Acti
(SPRINT), 4900-347 Viana do Castelo, Portugal; [3] Gdansk University of
Poland; [4] Câmara Municipal da Maia, Praça do Doutor José Vieira de Car
Sport for all Vojvodina (ASFAV), Masarikova 25, 21000 Novi Sad, Serbia;
Carlos de Oliveira Campos, Castêlo da Maia, 4475-690 Maia, Portugal
Abstract
This study aimed to examine the effects of aerobic and strength training methodologies, either combined with or without cognitive training, on mitigating cognitive decline. A total of 154 subjects were recruited (72.8 ± 6.1 years, 69% females) and were divided into four groups: i) strength plus cognitive training (STCT, n = 56); ii) strength training (ST, n = 23); iii) aerobic training (AT, n = 41); and iv) aerobic plus cognitive training (ATCT, n = 34). Subjects were previously cognitively assessed and showed cog-
neurodegenerati
functions (Cas
speed, execu
ities (Hooge
significantly
and leads to l
World Health Or
that although aging is the greatest risk factor for AD devel-
opment (with the Alzheimer's Association estimating that
Do you think participants were allocated to the exercise groups at random?
No
It is unclear
Yes
I don't know
Supporting text
Show hints
Notes
Quick reference guide
Previous record
Skip record
Next record

Planning the Review

Suggest a question (or questions) for The People's Review

I would like to find out if

Intervention (the thing you'd like to test)

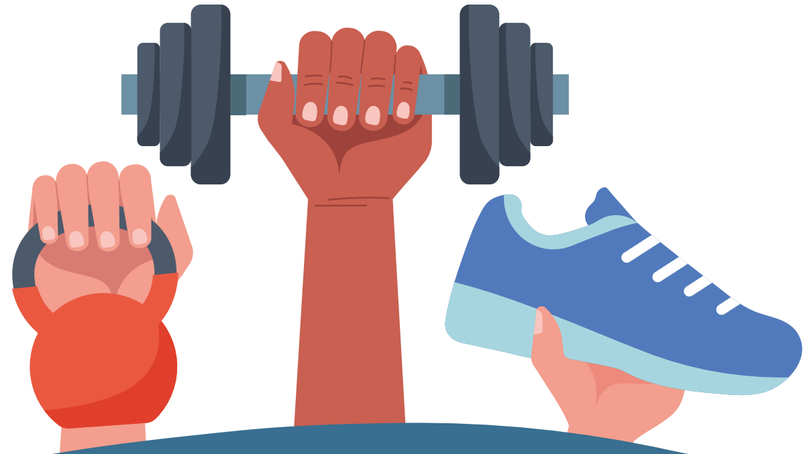
makes a difference to

Outcome (the thing you'd like to affect or change)

in comparison to

Comparison (the thing you'd like to compare the intervention with)

185 questions



Does resistance training make a difference to quality of life or heart health for older adults compared to aerobic exercise?

Doing the Review

The question chosen by the public for **The People's Review** to tackle was:



Does resistance training make a difference to quality of life or heart health for older adults compared to aerobic exercise?

This is a **systematic review** co-produced with 669 members of the public from 91 countries.

EVIDENCE SYNTHESIS IRELAND

Ollscoil na Gaillimhe University of Galway

HRB An Bord Taighde Sláinte Health Research Board

HSC Public Health Agency Research and Development

THE PEOPLE'S REVIEW

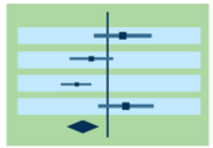
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12,531 records found from databases & other sources



44 studies included, with data from **2,785 participants**



Study results were combined using a statistical method called **meta-analysis**, where possible.

Population

Older adults - people over 50 years

Intervention

Resistance training; for example lifting weights

Comparator

Aerobic exercise; for example running or brisk walking

Outcomes

Functional fitness

The measure of heart health chosen by the public

	# of people	# of trials	How certain are we about the evidence?
	1,545	24	Very low

Favours aerobic exercise | Favours resistance training

Quality of life

	# of people	# of trials	
Physical health	562	10	Low
Roles - physical function	463	8	Low
Pain	463	8	Very low
General health	463	8	Low
Energy/fatigue	463	8	Very low
Social functioning	463	8	Moderate
Roles - emotional function	463	8	Low
Mental health	392	7	Very low

Favours aerobic exercise | Favours resistance training

Summary

There is ***no clear winner*** between resistance training and aerobic exercise. For most outcomes the evidence is uncertain and the results suggest no difference between the two types of exercise.

Resistance training probably has a lesser effect on the social part of quality life than aerobic exercise.

studies

Evaluating The People's Review

Did people learn about reviews?

TLDR: Yes

- There was a small but significant improvement in self-rated understanding of systematic reviews.

But...

- 94% of people understood what systematic reviews were before joining
- 72% had a research or healthcare background

What did the People think?



"this project beautifully highlights the human element in evidence synthesis by bridging the gap between complex academic synthesis and real-world public impact...it reinforces the belief that medical evidence is most powerful when it is accessible to the community it aims to serve."
– Healthcare practitioner/Researcher, North Africa

Learning about reviews

Learning beyond reviews

"I believe that this project did more for people than just improve their research skills, I noticed that it also impacted my writing skills for the better!"
– Patient, North America

Public ethos

Individual contributions

Collaboration

The People behind-the-scenes



Ollscoil na Gaillimhe
University of Galway

Evidence Synthesis Ireland

Cochrane Ireland

HRB An Bord Taighde Sláinte Health Research Board

HSC Public Health Agency
Research and Development

Limits

- English language
- Internet access
- Not representative of the general public

Conclusions

It is possible to involve people in a systematic review online using a citizen science approach.

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