

Two Borner Sport water bottles are shown side-by-side. The bottle on the left is purple with a black cap and a pink accent. The bottle on the right is blue with a black cap and a blue accent. Both bottles have a measurement scale on the side and a small label that reads 'Borner Sport'.



1. **QUESTION:** What is the purpose of the study?
 2. **ANSWER:** The purpose of the study is to determine the effect of the intervention on the outcome.
 3. **QUESTION:** What is the research design?
 4. **ANSWER:** The research design is a randomized controlled trial.
 5. **QUESTION:** What is the population?
 6. **ANSWER:** The population is adults with type 2 diabetes.
 7. **QUESTION:** What is the intervention?
 8. **ANSWER:** The intervention is a new medication.
 9. **QUESTION:** What is the control?
 10. **ANSWER:** The control is a placebo.
 11. **QUESTION:** What is the outcome?
 12. **ANSWER:** The outcome is the change in HbA1c levels.
 13. **QUESTION:** What is the conclusion?
 14. **ANSWER:** The conclusion is that the intervention significantly reduced HbA1c levels compared to the control.
 15. **QUESTION:** What are the limitations?
 16. **ANSWER:** The limitations include the short duration of the study and the lack of long-term follow-up.
 17. **QUESTION:** What are the strengths?
 18. **ANSWER:** The strengths include the randomized design and the use of a placebo control.
 19. **QUESTION:** What are the implications for practice?
 20. **ANSWER:** The implications for practice are that the new medication may be a useful addition to the treatment of type 2 diabetes.

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