Center for Advancing Sport Epidemiology
Research Project Builder

Instructions: Complete this form to formalize your research project thinking!

Investigator Name: **Date:**

Working Title (can be refined later):

What are you seeing that makes you curious?

What is currently known about this topic? (2–3 key points from existing literature, and any preliminary or pilot data on this topic)

What don't we know? (what is the specific gap this project would fill?)

In whom do we want to know this? (who exactly are you studying? Demographics, setting, level of competition/play, etc. Are there any specific reasons to exclude any participants?)

What are we interested in as an exposure or intervention?

What do we want to compare this exposure or intervention to?

What would we measure as an outcome and how exactly is the outcome measured? (be as specific as possible!)

When or how long after exposure are we measuring this outcome?

What other variables might explain or confound the effect or outcome you're studying? (what things do you want to adjust for?)

Do you expect the relationship to differ across any subgroups (effect modification)? (e.g., by sex, age, level of play, injury history)

Now write your research question! Use the following formulation: “In [population], is/does [exposure/intervention], compared with [comparator], associated with/affect [outcome], over [time], after controlling for [confounders/covariates/moderators/mediators]?”

What do you expect to see? (state your hypothesis, including anticipated direction. e.g., "we expect X to be associated with a higher rate of Y compared to Z")

What effect size or difference would be large enough to matter? (this can be drawn from known data or literature or your clinical expertise)

Data Source(s) / Collection Method:

Do you anticipate missing data or data quality issues? (e.g., dropout, incomplete records, measurement error)

What is the available sample and how feasible is this? (approximately how many participants/events/observations do you realistically have available?)

What decision are you trying to inform? (if this study gives you the answer you are hoping for, what would you do differently?)

Who needs to know the results and how? (in what format do they need it? (e.g., manuscript, internal report, policy brief, conference abstract)