What is a scoping review?

Before conducting a systematic review or meta-analysis, researchers start with a scoping review. This process is used at the planning stage to:

1. Estimate the number of studies eligible for systematic review.
2. Assess feasibility of a systematic review.
3. Refine the research question: broadening to ensure adequate literature, narrowing to ensure feasibility.

After this process, the review team will have a **feasible, refined research question** ready to propose for a systematic review and meta-analysis.