Quality Assessment Report

Document Name:	Sun_-_2019_-_Twelve_weeks_of_low_volume_sprint_interval_training_i
Assessment ID:	111
Document Type:	RCT
Assessment Tool:	Cochrane RoB 2 (Risk of Bias tool for randomized trials) - Complete
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Assessment Summary

Overall Quality Score:	**11.8% (Poor)**
Total Criteria Evaluated:	**17**
Criteria Passed:	**2**
Criteria Failed:	**15**

Quality Score Interpretation & Recommendations

Score	Rating	Interpretation & Recommendation
80-100%	**Excellent**	High quality study with minimal concerns. Include with high confidence.
70-79%	**Good**	Good quality with minor limitations. Include with moderate confidence.
60-69%	**Fair**	Moderate quality with some issues. Include with caution, note limitations.
0-59%	**Poor**	Low quality with significant concerns. Consider exclusion or major caveats.

Assessment for This Document (11.8% - Poor)

This study has significant methodological limitations that may affect the reliability of its findings. Consider excluding it from your primary analysis or include it only in sensitivity analyses with appropriate caveats.

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