During this tutorial module, you will learn how to find full text Cochrane systematic reviews and browse the systematic reviews by topic and review group. This tutorial is approximately 5 minutes long.

The Cochrane Library is created by Cochrane, a global network of individuals who promote evidence-informed health decision-making by producing high-quality, relevant, accessible systematic reviews and other synthesized research evidence.\*

\*[About Cochrane](https://www.cochranelibrary.com/about/about-cochrane).

Cochrane systematic reviews represent the highest level of evidence on which to base clinical treatment decisions.

The Cochrane Library is an excellent resource for starting your search. Keep in mind that it is a much smaller database (over 1.5 million citations) compared to PubMed (over 30 million citations), so you may not find anything on your topic.

Starting on the library’s Evidence-Based Medicine Resources page, **select the Cochrane Library link** above.

The Cochrane Library home page appears. There is a basic search box in the upper right corner.

Let’s run a search for melatonin and jet lag. I’ve already entered **melatonin AND jet lag** in the search box. We will leave the “Title, Abstract, Keyword” setting. Next, click the **magnifying glass button** to run the search.

The search results are organized into folders. The Cochrane Reviews results are displayed. Let’s look at an example of a systematic review. Select **Melatonin for the prevention and treatment of jet lag**.

Cochrane systematic reviews can be lengthy articles; many of them exceed sixty pages. You can use the menu on the right to jump to certain parts of the review. Let’s look at some of the features that make Cochrane systematic reviews high quality evidence.

Cochrane systematic reviews are updated periodically, whenever new data and studies are available that would impact the systematic review.

Each abstract for a Cochrane systematic review includes a Plain language summary for the general public.

In the Authors’ conclusions section, the authors state the implications for practice and research.

Under Methods, the authors list the criteria of the studies they included in this systematic review. The authors describe the databases and search methods they used to identify the studies. They also detail how the data was analyzed.

Systematic reviews include multiple tables that summarize data from the individual studies.

Let’s look at some examples of other content in the Cochrane Library. **Select the Trials tab** above. The results appear. Note they are sorted by relevancy instead of date.

These results are from the Cochrane Central Register of Controlled Trials. This is a database of individual studies, which are the basis for Cochrane systematic reviews.

You can find unique citations in this database that are not available in PubMed/ MEDLINE.

Select the title below, **Melatonin treatment for eastward and westward travel preparation**. The Trials results are just citations (and abstracts when available). These records do not include the full text of the article. To see if the library has access to the electronic version of this article, you would search our e-journals database for Psychopharmacology.

Remember, to search for e-journal access, you would go to the library homepage, click on the E-Journals search tab and run a search for the journal you are looking for.

Depending on your search, you may also see results for another database, Clinical Answers. Select the **Clinical Answer tab.** Now select the **Clinical Answer citation.** Clinical Answers are brief summaries of content from Cochrane systematic reviews that are in a question and answer format.

We’ve looked at examples of the different types of content available from the Cochrane Library. You can browse the systematic reviews by scrolling to the bottom of the home page. Here are some of the available topics. The Cochrane Collaboration is divided into different review groups. You can also browse By Review group.

Select **Browse by Cochrane Review Group**. You can access this list to see all of the current reviews or protocols a particular Cochrane Group is working on.

Select the **Back and Neck Group**. The list of all of their systematic reviews appears.

During this tutorial, we accessed a full text systematic review and looked at the systematic review browsing options. Cochrane systematic reviews can save you time because they are a comprehensive, unbiased summary of the journal literature.

In the next module of the tutorial, we will search the primary literature using PubMed.