

**Levels of Evidence & Grades of Recommendation  
for Therapy, Prevention & Harm**

<b>Levels of Evidence</b>	
<b>Level</b>	<b>Explanation</b>
1	One or more randomized controlled trials (RCT) (or systematic review of trials) of sufficient size to ensure a low risk of false positive or false negative results (narrow confidence interval)
2	Good quality cohort studies or low quality RCT (e.g. too small, <80% follow-up)
3	Case-control studies, including systematic reviews of case-control studies
4	Case-series, and poor quality cohort and case-control studies
5	Expert opinion without explicit critical appraisal, or based on physiology, bench research, or "first principles".

<b>Grades/Strength of Recommendations</b>	
<b>Level</b>	<b>Explanation</b>
A	Consistent level 1 studies
B	Consistent level 2 or 3 studies OR extrapolations from level 1 studies
C	Level 4 studies OR extrapolations from level 2 or 3 studies
D	Level 5 evidence OR troublingly inconsistent or inconclusive studies of any level

Summarized from: Levels of Evidence and Grades of Recommendation, Oxford Centre for Evidence-Based Medicine, May 2001. [http://www.cebm.net/levels\\_of\\_evidence](http://www.cebm.net/levels_of_evidence).