# Multiple Source Sheet – Example

This example multiple source sheet is shown at 1:22 in the video [**Note Taking and Writing Tips to Avoid Accidental Plagiarism**](https://learningcommons.lib.uoguelph.ca/item/note-taking-and-writing-tips-avoid-accidental-plagiarism).

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| **Author, date** | **Research design** | **Sample** | **Intervention goals** | **Intervention length** | **veg intake** | **Blood pressure** | **Strengths** | **Limitations** |
| Duthie, 2018 | RCT | 51 Scottish adults (25 = I, 26 = C) <3 serv/d veg  | Pts got 480g veg & fruit, were to eat all of it, had cooking and storage instruction | 12 weeks | 4-day weighed food records at baseline, 4, 12 & 18 wks | Mean of 3 Sphygmo. readings | Provided foodStrong data collection methods | Small nshort durationGrouped veg. and fruitWhite sample |
| McEvoy, 2016 | RCT | 92 Irish adults, BMI: 27-35Veg intake </=2 servs  | Got 2, 4 or 7 serves of veg and fruit per day.  | 12 weeks | 4 d food record at baseline and 12 wks | 24 hour ambulatory blood pressure | 24 h blood pressure measurementLarger sample3 groupsGood compliance | White sampleShort duration |