

Top 20 Examples of PIO (Population, Intervention, Outcome) Research Questions

1. In elderly patients with diabetes (Population), does a low-carb diet (Intervention) improve blood sugar control (Outcome)?
2. In children with asthma (Population), does daily inhaler use (Intervention) reduce hospital admissions (Outcome)?
3. In post-operative patients (Population), does early mobilisation (Intervention) reduce the risk of deep vein thrombosis (Outcome)?
4. In adults with hypertension (Population), does regular physical exercise (Intervention) decrease blood pressure (Outcome)?
5. In women with breast cancer (Population), does chemotherapy (Intervention) increase survival rates (Outcome)?
6. In patients with chronic back pain (Population), does yoga therapy (Intervention) improve mobility (Outcome)?
7. In individuals with COPD (Population), does pulmonary rehabilitation (Intervention) improve lung function (Outcome)?
8. In elderly patients in long-term care (Population), does the use of music therapy (Intervention) reduce agitation (Outcome)?
9. In children with ADHD (Population), does behavioural therapy (Intervention) improve academic performance (Outcome)?
10. In patients with anxiety disorders (Population), does cognitive-behavioural therapy (Intervention) reduce symptoms of anxiety (Outcome)?
11. In patients undergoing knee replacement surgery (Population), does pre-operative physiotherapy (Intervention) improve post-surgery recovery time (Outcome)?
12. In patients with Type 2 diabetes (Population), does a plant-based diet (Intervention) improve insulin sensitivity (Outcome)?
13. In adults with depression (Population), does antidepressant medication (Intervention) reduce symptoms of depression (Outcome)?
14. In smokers (Population), does nicotine replacement therapy (Intervention) reduce smoking cessation failure rates (Outcome)?
15. In patients with heart failure (Population), does the use of ACE inhibitors (Intervention) improve quality of life (Outcome)?

16. In obese adults (Population), does weight loss surgery (Intervention) improve life expectancy (Outcome)?
17. In children with autism spectrum disorder (Population), does early intervention therapy (Intervention) improve social communication skills (Outcome)?
18. In individuals with chronic migraine (Population), does acupuncture (Intervention) reduce the frequency of migraine attacks (Outcome)?
19. In elderly patients with osteoarthritis (Population), does physical therapy (Intervention) reduce pain (Outcome)?
20. In patients with acute respiratory distress syndrome (Population), does mechanical ventilation (Intervention) improve survival rates (Outcome)?