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| **APPENDIX 2. Oxford Centre for Evidence-Based Medicine 2011 Levels of Evidence** |
| **Levels of Evidence for Treatment Benefits / Does this Intervention Help?** |
|  | Level 1 | Systematic review of randomized trials or *n*-of 1 trials |
|  | Level 2 | Randomized trial or observational study with dramatic effect |
|  | Level 3 | Non-randomized controlled cohort/follow-up study |
|  | Level 4 | Case-series or case-control studies, or historically controlled studies |
|  | Level 5 | Mechanism-based reasoning |
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| From the Oxford Centre for Evidence-Based Medicine. Available at: http://www.cebm.net/index.aspx?o=5653. Accessed March 2, 2015. |