# Quality Assessment Report

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| **Document Name:** | Sun_-_2019_-_Twelve_weeks_of_low_volume_sprint_interval_training_i |
| **Assessment ID:** | 111 |
| **Document Type:** | RCT |
| **Assessment Tool:** | Cochrane RoB 2 (Risk of Bias tool for randomized trials) - Complete |
| **Report Generated:** | October 31, 2026 at 18:47:19 |

## Assessment Summary

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|---|---|
| **Overall Quality Score:** | **11.8% (Poor)** |
| **Total Criteria Evaluated:** | **17** |
| **Criteria Passed:** | **2** |
| **Criteria Failed:** | **15** |

## Quality Score Interpretation & Recommendations

| Score | Rating | Interpretation & Recommendation |
|---|---|---|
| 80-100% | **Excellent** | High quality study with minimal concerns. Include with high confidence. |
| 70-79% | **Good** | Good quality with minor limitations. Include with moderate confidence. |
| 60-69% | **Fair** | Moderate quality with some issues. Include with caution, note limitations. |
| 0-59% | **Poor** | Low quality with significant concerns. Consider exclusion or major caveats. |

### Assessment for This Document (11.8% - Poor)

This study has significant methodological limitations that may affect the reliability of its findings. Consider excluding it from your primary analysis or include it only in sensitivity analyses with appropriate caveats.

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