**Figure 1: Structured vs. unstructured reviewing**

Meta-research

A non-protocol based identification of literature on a topic

To provide a saturated review of the existing literature and to make observations on what is known.

To map what is known on an existing topic and make recommendations for future research

To synthesize existing reviews on a topic in order to provide more specific advice

Scoping

Systematic

Narrative

Unstructured

Structured

What is the aim of your research?