Overview

Name

Institution

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**Challenges that surprised me:**

Prior to starting work on PICOT question and theoretical framework, I thought it would be a great challenge for me because conduction of research demands an individual to be highly skillful in both technical and non-technical terms. However, when I started working on it, finding a suitable question was the first problem that I encountered because I had many problems in mind that I vowed to address. Surprisingly, I had a hard time wrapping my head around the selection of PICOT questions that I had thought to be the easiest task. On the other hand, finding a theoretical framework was quite easy for me as I had good command over nursing and psychological theories.

**Advice for the individuals writing literature review for the very first time**

It is very important to explore the theoretical framework that provides the author with an appropriate framework to guide further research practices. If we are having theoretical overview in mind, finding the suitable literature article becomes easy for us. Secondly, familiarizing oneself with various research databases is another important factor that one must take into account prior to writing literature review (Eccles, 2016). Hence, I would suggest building strong theoretical knowledge and technical skills of literature search for the individuals writing literature review for the very first time.

**Thoughts on theoretical knowledge guiding the practice**

I had an idea that theory is the base of research and further practice but I was completely unaware of its practical glimpse. I came to know that theory is not only important for providing direction to the research but also clearing ambiguities that might hinder one’s ability to find interlink between variables (Chan et. al., 2018). Apart from practical considerations such as choosing research articles and critically analyzing them, it is important for the researcher to have sufficient theoretical knowledge about the association of different variables so that research findings could be implemented in the practice vividly.

References

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