1. How were study participants recruited?
2. What were the inclusion and exclusion criteria for the study?
3. Describe the characteristics of the study population.
4. How was the primary outcome evaluated?
5. Are there any other factors you would have wanted to analyze?
6. How did the authors explain the association between caffeine consumption and the ability to contract the pelvic floor correctly? Can you offer any other explanations?
7. How does this study change your clinical practice?
8. Describe what study you would want to do next.