

HLTH1306 ASSESSMENT EXERCISE 3: WRITTEN ASSIGNMENT LITERATURE REVIEW QUESTIONS

You must choose one of the questions below to answer in your written assignment. These questions must not be altered. Please refer to the Assignment Guidelines for further instruction on how to complete this assignment.

1. Is intermittent fasting effective for weight loss?
2. How effective are health and fitness applications (apps) in improving physical activity?
3. Is medicinal cannabis an effective treatment for cancer-related symptoms?
4. Are self-help groups useful for people with alcohol problems?
5. What are the issues facing family carers of people living with Chronic Obstructive Pulmonary Disease (COPD)?
6. How effective is robot-assisted therapy in stroke rehabilitation?
7. Is Pilates an effective intervention for low back pain?
8. What interventions are effective in preventing anterior OR posterior cruciate ligament injuries (choose one only) in athletes?
9. How effective are balance exercises in reducing the risk of falls in older people?
10. What interventions are effective in preventing lower limb amputations in people with diabetes?
11. How effective are Critical Incident Stress Debriefings in reducing the onset of post-traumatic stress disorder in emergency service workers?
12. Are online Cognitive Behavioural Therapy programs effective in reducing anxiety in teenagers?