

## Direction

- 1) Which conjugated linoleic acid (CLA) isomers act as a functional food?
  - a. Cis-9, trans-11 (c9, t11) and trans-10, cis-12 (t10, c12)
  - b. Cis-10, trans-12 (c10, t12) and trans-9, cis-11 (t9, c11)
  - c. Cis-11, trans-9 (c11, t9) and trans-12, cis-10 (t12, c10)
  - d. Cis-12, trans-13 (c12, t13) and trans-11, cis-13 (t11, c13)
- 2) Based on which characteristics most physicians prescribe CLA isomers?
  - a. Anti-diabetic properties
  - b. Anti-carcinogenic properties
  - c. Anti-obesity effects
  - d. Anti-atherosclerotic properties
- 3) Why CLA is associated with a decreased risk for cardiovascular diseases (CVDs)?
  - a. The reason is unknown
  - b. Due to the effect of trans fatty acids from ruminants
  - c. Since CLA is found in the rumen of ruminants
  - d. Due to the effect of trans fatty acids from industrially hydrogenated vegetable oils
- 4) Which of the following CVD risk factors were assessed in the current systematic review?
  - a. TNF- $\sigma$
  - b. Interleukin-1 and interleukin-2
  - c. C-reactive protein (CRP) and Lipoprotein (a) [Lp(a)]
  - d. Interferon- $\delta$
- 5) Why a systematic review was required to establish more reliable outcomes on CLA consumption?
  - a. CLA supplements are considered safe and readily available over the counter
  - b. CLA is essential for humans
  - c. CLA is abundantly present in human nutrition
  - d. CLA replaces other fatty acids used in the food industry
- 6) Which databases were searched in the current meta-analysis?
  - a. Cochrane Library, ProQuest, Scopus, and Google Scholar
  - b. PubMed, Science Direct and Ovid
  - c. ClinicalKey
  - d. Both A and B
- 7) Which keywords were used in the search strategy?
  - a. Age
  - b. Gender
  - c. Language
  - d. None of the above
- 8) Which inclusion criteria set the boundaries for the systematic review?
  - a. RCT design and research on humans
  - b. Unhealthy or non-adult individuals
  - c. The effect of CLA along with other factors
  - d. The effect of CLA on other outcomes or lack of sufficient data
- 9) Which exclusion criteria set the boundaries for the systematic review?
  - a. Animal studies or studies with any design other than a clinical trial
  - b. Determination of serum CRP or Lp(a) as outcome variables
  - c. Healthy adults
  - d. Intervention by CLA intake in the form of dietary supplements or enriched foods

- 10) How many articles were included in the meta-analysis?
  - a. 32
  - b. 21
  - c. 42
  - d. 12
- 11) How many subgroups were defined in the meta-analysis?
  - a. 2
  - b. 6
  - c. 4
  - d. 3
- 12) Which guidelines were used to assess the risk of bias and the quality of the selected studies?
  - a. The qualitative critical appraisal skills program
  - b. The quantitative 5-point Jadad score
  - c. None
  - d. Both A and B
- 13) What were the criteria for the quantitative 5-point Jadad score?
  - a. Randomization
  - b. Concealment of the treatment allocation and blinding
  - c. Completeness of follow-up and use of intention to treat
  - d. All the above
- 14) What was the effect of CLA intake in the form of dietary supplements or enriched foods on CRP levels?
  - a. A significant increase
  - b. A significant decrease
  - c. Non-significant change
  - d. Non-significant increase
- 15) Based on the subgroup analysis, what was the effect of CLA intake in the form of enriched foods on CRP levels?
  - a. A significant increase
  - b. A significant decrease
  - c. Non-significant change
  - d. Non-significant increase
- 16) What was the effect of CLA supplementation on Lp(a) levels?
  - a. A significant increase
  - b. A significant decrease
  - c. Non-significant change
  - d. Non-significant increase
- 17) Based on the subgroup analysis, which duration of CLA intake led to a consequential increase in CRP levels?
  - a. Longer than 24 weeks
  - b. Longer than 12 weeks
  - c. Longer than 6 weeks
  - d. Longer than 32 weeks
- 18) Based on the subgroup analysis, which duration of CLA intake led to a considerable increase in Lp(a) levels?
  - a. Longer than 24 weeks
  - b. Longer than 12 weeks
  - c. Longer than 6 weeks
  - d. Longer than 32 weeks

- 19) Which CLA isomers exhibited significant increases in CRP levels in some studies?
- Cis-9, trans-11
  - Trans-10, cis-12
  - Cis-10, trans-12
  - Cis-11, trans-13
- 20) Which assumptions were made to explain the heterogeneity of the findings of different studies?
- Genetic predisposition
  - Gender
  - Duration of CLA administration
  - All the above