



The Critical Appraisal Skills Programme (CASP) tool offers a series of checklists to researchers in order to assess research studies' quality (Purssell, 2020). A critical appraisal involves reviewing a research article in terms of validity, applicability, and significance. It helps in narrowing down the options of articles which are high in integrity and relevance (Tod et al., 2022). Using the 10 questions from the CASP qualitative checklist, this essay will critically appraise a journal article. The article for appraisal is titled, "Experience of Physical Activity in Breast Cancer Survivors: A Qualitative Study" by Zhang et al. (2023).

In the abstract and main text of the journal article, the aim was clearly identified. The researchers aimed to examine the influencing factors of physical activity among breast cancer survivors (Zhang et al., 2023). According to García-Chico et al. (2023), regular physical exercise provides advantageous effects in breast cancer patients. However, many of the patients find it difficult to engage in regular physical activity for different reasons. Thus, the problem is relevant and is considered important.

The research article employs a qualitative methodology, which seems appropriate. The experiences of physical activity from breast cancer survivors were to be assessed in this research (Zhang et al., 2023). In a qualitative method, research is usually based on interviews or observations. It is best suited when researchers conduct an investigation to understand the experiences and thoughts of participants (Sardana et al., 2023). Hence, qualitative research is the right methodology to address the goal of this research.

The research design used in this article is phenomenology. A phenomenological method was employed in this qualitative research (Zhang et al., 2023). Phenomenology offers a rich and detailed view of the human experience from the emerging data. It allows

researchers to present authentic accounts of a complex phenomenon (Nizza et al., 2021). Therefore, it can be presumed that an appropriate research design has been opted for.

In this journal article, the recruitment strategy has been clearly elucidated. A purposive sampling method was opted for and participants were recruited from the outpatient service of a hospital in Daqing, China. In order to find appropriate participants, electronic health records and clinical referrals were used (Zhang et al., 2023). The increased use of EHR has led to enhanced research opportunities. Access to patient databases has become convenient for researchers with permission (Hammack-Aviran et al., 2020). According to Zhang et al. (2023), the participants with primary-stage carcinoma were included and patients with recurring or metastatic carcinoma were excluded. This led to the selection of only 12 participants aged 38 to 65 years.

The data collection in this research article was conducted through semi-structured in-person interviews. Interview questions were prepared by the researchers with the help of the Theory of Planned Behaviour. The duration of the interview was set for one hour in a silent room. The questions were changed after the pilot interviews were performed. Changes in expression were also noted by the interviewer. The sample was selected in the research by repetitive data occurrence until saturation was attained (Zhang et al., 2023). Thus, the researchers collected the data in the right way to address the research issue.

The researchers commented about not providing any help to the research participants during the interviews. After conducting pilot interviews, the questions were changed to avoid bias and partiality (Zhang et al., 2023). According to Florczak (2022), bias during the interview process is reduced if data collectors are aware of not influencing a

subject's responses. Thus, participants were not influenced by the relationship with the researchers.

In this research article, ethical issues have been considered by the researchers. Ethical approval was obtained from Harbin Medical University before initiating the investigation. Data anonymisation was considered to ensure participant's privacy. Before conducting the research, appropriate information was provided to the participants (Zhang et al., 2023). Pietilä et al. (2020) reveal that research integrity is upheld if ethical considerations are adhered to in qualitative research.

The researchers used Colaizzi's 7-step analysis method for coding data and identifying themes. Four themes were made in order to provide meaningful and organised data. The method comprises 7 steps: rereading the transcript; locating statements; making sense of statements; making themes; generating a report; and getting feedback to validate. Throughout the analysis, written notes were kept by the researcher (Zhang et al., 2023). The Colaizzi's data analysis method is robust and rigorous. In a qualitative method of research, it ensures the reliability and integrity of the results (Wirihana et al., 2018). Thus, it is clear that the data analysis process was sufficiently rigorous in this journal article.

The findings in this journal article were explicitly presented by the researchers. The conclusion was that the majority of the patients were not aware of physical activity's benefits and harm. Some of them were aware, however, certain social and other factors impeded their regular physical activity. Since only 12 breast cancer survivors participated in the research, the conclusions could not be completely trusted (Zhang et al., 2023).

To conclude, the research article's findings are quite valuable. The researchers conclude that patient's inadequate knowledge prevented them from achieving optimal

recovery. This can help inform decision-making for the policymakers and healthcare professionals to spread awareness. A research investigation with more generalisability can be conducted to validate the findings of this research.

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