



Embase AI

簡易操作手冊

Ryan Huang

r.huang@elsevier.com

Elsevier Life Science Account Manager
Southeast Asia & Taiwan



目錄

1. 如何開啟Embase AI介面
2. 如何註冊Embase個人帳號
3. Embase AI 如何運作
4. Embase AI 介面導覽 – 灰色文獻開關
5. 最相關五篇文獻與摘要整理
6. 背景檢索指令與所有文獻列表
7. 支援中文提問
8. 常用的prompt詞
9. AI答覆輸出與歷史紀錄
10. 指定五篇文章編號並要求摘要、比較內容。

如何開啟Embase AI介面?

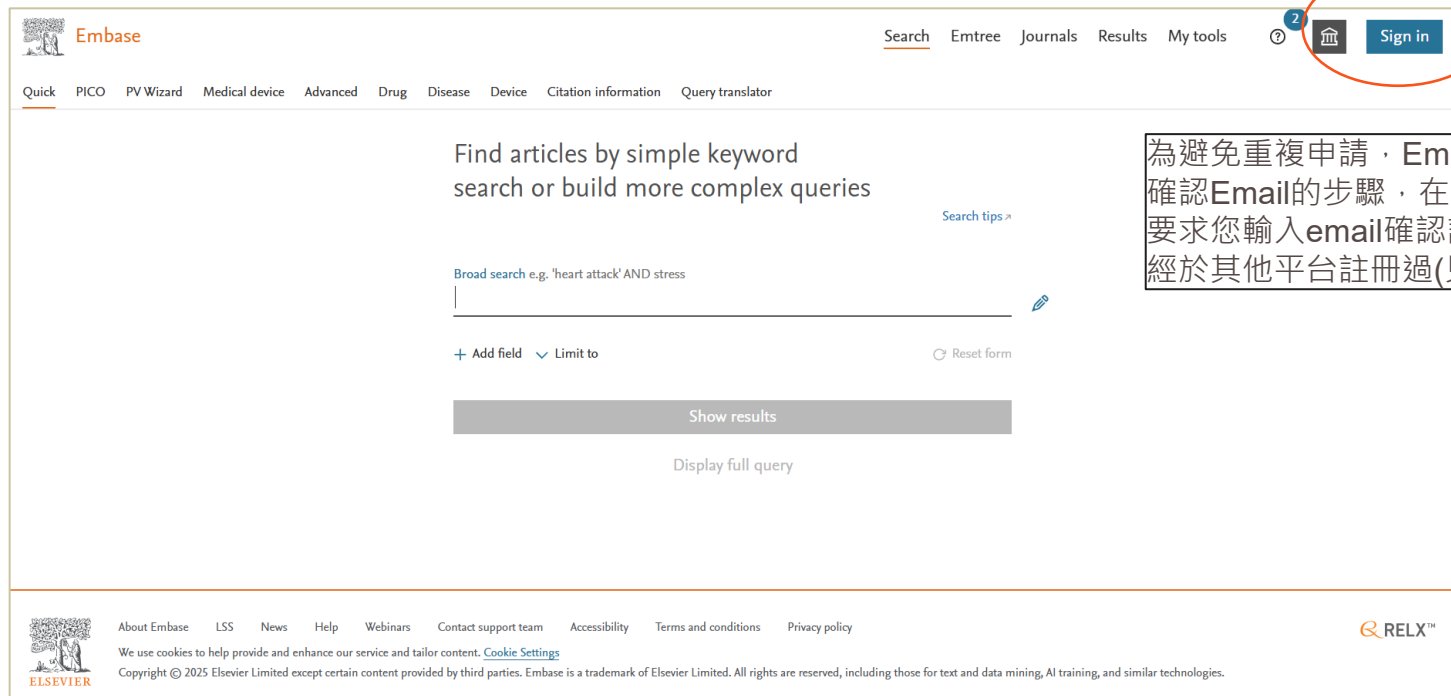
登入個人帳號即可開啟

The screenshot shows the Embase website interface. At the top, the 'Embase' logo is on the left. The navigation bar includes links for 'Search', 'Emtree', 'Journals', 'Results', and 'My tools'. A user profile icon for 'Ryan Huang' is on the right, circled in red. Below the navigation bar, a secondary menu contains various search filters like 'Quick', 'PICO', 'PV Wizard', etc., with 'Embase AI' highlighted by a red circle. The main content area features a search prompt: 'Find articles by simple keyword search or build more complex queries'. Below this is a search input field with the placeholder text 'Broad search e.g. 'heart attack' AND stress'. To the right of the input field is a 'Search tips' link. Below the input field are buttons for '+ Add field', 'Limit to', and 'Reset form'. A large grey button labeled 'Show results' is positioned below the input field. At the bottom of the main content area is a link for 'Display full query'. The footer contains the Elsevier logo, a list of links (About Embase, LSS, News, Help, Webinars, Contact support team, Accessibility, Terms and conditions, Privacy policy), a cookie notice, and the RELX logo.

ELSEVIER

如何註冊Embase個人帳號?

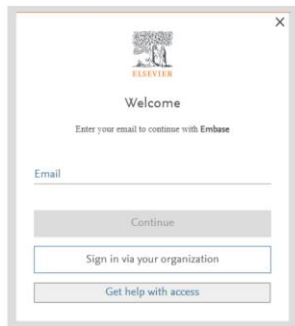
請從圖書館電子資源系統 > Embase > 資料庫首頁



The screenshot shows the Embase website homepage. At the top, there is a navigation bar with the Embase logo on the left and a search bar on the right. The search bar contains the text "Search" and "Emtree". To the right of the search bar, there is a "Sign in" button and a help icon (a question mark in a circle). A red circle is drawn around the "Sign in" button and the help icon. Below the navigation bar, there is a section titled "Find articles by simple keyword search or build more complex queries". This section includes a search input field with the placeholder text "Broad search e.g. 'heart attack' AND stress". Below the input field, there are buttons for "+ Add field", "Limit to", and "Reset form". A "Show results" button is located below the input field. At the bottom of the page, there is a footer with the Elsevier logo and various links including "About Embase", "LSS", "News", "Help", "Webinars", "Contact support team", "Accessibility", "Terms and conditions", and "Privacy policy".

為避免重複申請，Embase會有一個確認Email的步驟，在註冊流程前會要求您輸入email確認該帳號是否已經於其他平台註冊過(見下頁)

如何註冊Elsevier個人帳號?



Welcome

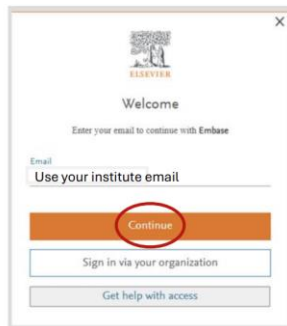
Enter your email to continue with Embase

Email

Continue

Sign in via your organization

Get help with access



Welcome

Enter your email to continue with Embase

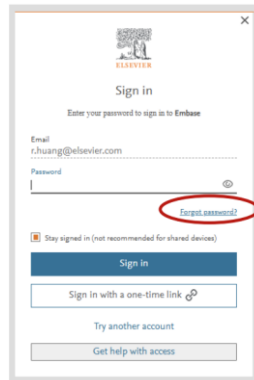
Email

Use your institute email

Continue

Sign in via your organization

Get help with access



Sign in

Enter your password to sign in to Embase

Email
r.huang@elsevier.com

Password

Forgot password?

Stay signed in (not recommended for shared devices)

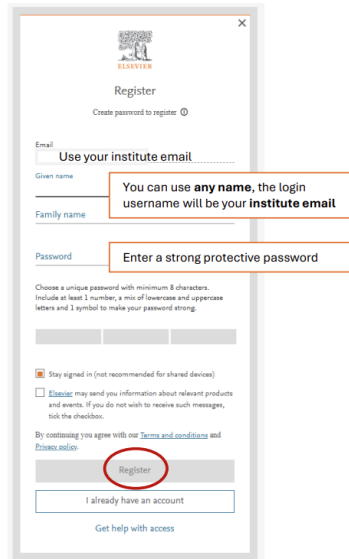
Sign in

Sign in with a one-time link

Try another account

Get help with access

您的帳號已申請，按下忘記密碼來重新找回帳號。



Register

Create password to register

Email

Use your institute email

Given name

Family name

Password

Enter a strong protective password

Choose a unique password with minimum 8 characters. Include at least 1 number, a mix of lowercase and uppercase letters and 1 symbol to make your password strong.

Stay signed in (not recommended for shared devices)

Elsevier may send you information about relevant products and events. If you do not wish to receive such messages, tick the checkbox.

By continuing you agree with our [Terms and conditions](#) and [Privacy policy](#).

Register

I already have an account

Get help with access

正式申請，請用長庚網域的email。

Embase AI: 如何運作



Ask your question



LLM transforms question into Embase query



Retrieves full result set



LLM processes most relevant records



Provides summary response with in-line references

特色1
顯示EmbaseAI
將您的臨床提問
翻譯為Embase
檢索指令。

特色2
提供完整文章
清單。

提供最相關五
篇文獻與進行
摘要整理。

Embase AI 介面導覽 – 灰色文獻開關

The screenshot shows the Embase AI interface. At the top, there's a navigation bar with 'Search', 'Emtree', 'Journals', 'Results', and 'My tools'. Below this is a secondary navigation bar with various filters like 'Quick', 'PICO', 'PV Wizard', etc., and 'Embase AI' is highlighted. The main content area has the heading 'Address your research questions using Embase' and explains that responses are based on peer-reviewed sources. It lists example questions and has a search input field with an 'Ask' button. At the bottom, there are two toggle switches for 'Include preliminary research articles'. The left toggle is turned off, and the right one is turned on. Annotations with lines pointing to these toggles explain their function.

預設關閉
AI將只提供peer review journals作為主要內容

開啟此功能將會把灰色文獻納入AI搜尋範圍：
Preprints
國際研討會摘要
登記於美國Clinicaltrials.gov網站之臨床研究

ELSEVIER

Embase AI – 最相關五篇文獻與摘要整理

Does exercise help with blood glucose control in gestational diabetes?

Searching for - Does exercise help with blood glucose control in gestational diabetes? ▾

Based on the provided context, exercise can help with blood glucose control in gestational diabetes.

Exercise and Blood Glucose Control in Gestational Diabetes

The management of gestational diabetes mellitus (GDM) often includes lifestyle interventions such as diet and exercise to control blood glucose levels. Exercise is recognized as a beneficial component in managing GDM, as it can help mediate the effects of hyperglycemia. Despite concerns about the risks of exercise during pregnancy, research suggests that with proper supervision, exercise is both safe and effective for women with GDM. It is recommended that women with GDM engage in both aerobic and resistance exercises at moderate intensity, at least three times a week for 30-60 minutes per session [1]. A meta-analysis evaluating the effects of exercise on GDM found that exercise significantly reduces 2-hour postprandial blood glucose levels and improves glycosylated hemoglobin (HbA1c) levels. Additionally, exercise was associated with a reduction in adverse pregnancy outcomes, such as cesarean section rates and neonatal macrosomia [2]. Another study demonstrated that a home-based cycling program effectively maintained daily postprandial normoglycemia in women with diet-controlled GDM, highlighting the potential of exercise to improve blood glucose profiles without adverse effects [3]. Furthermore, a randomized controlled trial showed that moderate-intensity aerobic exercise improved blood glucose control and reduced insulin use in GDM patients. Although the study did not find significant differences in adverse pregnancy outcomes between the exercise and control groups, it suggests that exercise can be a valuable tool in managing GDM [4]. Overall, the evidence supports the inclusion of exercise as a key component in the management of gestational diabetes to improve blood glucose control and potentially reduce the risk of adverse pregnancy outcomes.

Show all references >

打開

References:

- Review** • Embase
Exercise guidelines for gestational diabetes mellitus
Padayachee C., Coombes J.S.
World Journal of Diabetes 2015 **6**:8 (1033-1044)
[Abstract ▾](#) [Index terms ▾](#) [Full text ▸](#) [Q Similar records](#)
- Article** • Embase, MEDLINE
Exercise Intervention Improves Blood Glucose Levels and Adverse Pregnancy Outcomes in GDM Patients: A Meta-Analysis
Li X., Luo R., Qiao B., Ou H.
Computational and Mathematical Methods in Medicine 2022 **2022** Article Number 9287737
[Abstract ▾](#) [Index terms ▾](#) [Full text ▸](#) [Q Similar records](#)
- Article** • MEDLINE
Home-based exercise training improves capillary glucose profile in women with gestational diabetes
Halse R.E., Wallman K.E., Newnham J.P., Guelfi K.J.
Medicine and science in sports and exercise 2014 **46**:9 (1702-1709)
[Abstract ▾](#) [Index terms ▾](#) [Full text ▸](#) [Q Similar records](#)
- Article** • Embase
Effects of Moderate-Intensity Aerobic Exercise on Blood Glucose Levels and Pregnancy Outcomes in Patients With Gestational Diabetes Mellitus: A Randomized Controlled Trial
Yaping X., Huifen Z., Meijing Z., Huibin H., Chunhong L., Fengfeng H., Jingjing W.
Diabetes Therapy 2021 **12**:9 (2585-2598)
[Abstract ▾](#) [Index terms ▾](#) [Full text ▸](#) [Q Similar records](#)
- Review** • Embase, NURSING
Exercise: An alternative therapy for gestational diabetes
Artal R.
Physician and Sportsmedicine 1996 **24**:3
[Abstract ▾](#) [Index terms ▾](#) [Full text ▸](#) [Q Similar records](#)

Embase AI – 背景檢索指令與所有文獻列表

Does exercise help with blood glucose control in gestational diabetes?

Searching for - Does exercise help with blood glucose control in gestational diabetes?

Based on the provided context, exercise can help with blood glucose control in gestational diabetes.

Exercise and Blood Glucose Control in Gestational Diabetes

The management of gestational diabetes mellitus (GDM) often includes lifestyle interventions such as diet and exercise to control blood glucose levels. Exercise is recognized as a beneficial component in managing GDM, as it can help mediate the effects of hyperglycemia. Despite concerns about the risks of exercise during pregnancy, research suggests that with proper supervision, exercise is both safe and effective for women with GDM. It is recommended that women with GDM engage in both aerobic and resistance exercises at moderate intensity, at least three times a week for 30-60 minutes per session [1]. A meta-analysis evaluating the effects of exercise on GDM found that exercise significantly reduces 2-hour postprandial blood glucose levels and improves glycosylated hemoglobin (HbA1c) levels. Additionally, exercise was associated with a reduction in adverse pregnancy outcomes, such as cesarean section rates and neonatal macrosomia [2]. Another study demonstrated that a home-based cycling program effectively maintained daily postprandial normoglycemia in women with diet-controlled GDM, highlighting the potential of exercise to improve blood glucose profiles without adverse effects [3]. Furthermore, a randomized controlled trial showed that moderate-intensity aerobic exercise improved blood glucose control and reduced insulin use in GDM patients. Although the study did not find significant differences in adverse pregnancy outcomes between the exercise and control groups, it suggests that exercise can be a valuable tool in managing GDM [4]. Overall, the evidence supports the inclusion of exercise as a key component in the management of gestational diabetes to improve blood glucose control and potentially reduce the risk of adverse pregnancy outcomes.

Show all references >

Searching for - Does exercise help with blood glucose control in gestational diabetes?

1. Translating the question into Embase query language

Embase query:
(exercise/exp OR physical activity/exp OR exercises:ti,ab,kw OR physical activit*:ti,ab,kw OR workouts:ti,ab,kw OR trainings:ti,ab,kw) AND (blood glucose/exp OR blood sugar/exp OR glucose levels:ti,ab,kw OR blood sugars:ti,ab,kw OR glycemia:ti,ab,kw) AND (gestational diabetes/exp OR gestational diabetes:ti,ab,kw OR pregnancy diabetes:ti,ab,kw OR diabetes during pregnancy:ti,ab,kw) NOT ([article in press]/lim OR [conference abstract]/lim OR [conference paper]/lim OR [conference review]/lim OR [preprint]/lim OR 'clinical trial'/it)

Open in results page Copy query

2. Synthesizing a response

所有文章會傳至結果頁面，可進一步使用過濾工具篩選。

History Save Delete Print view Export Email using And Or Collapse

1,405 results for search #1 Set email alert Set RSS feed Search details Index mixer

Results View Export Email Add to Temporary list 1 - 25

Select number of items Selected: 0 (0/400) Show all abstracts Sort by Relevance Author Publication Year Entry Date

1 Preconception Stress and Pregnancy Serum Glucose Levels among Women Attending a Fertility Center Mingao-Alarcón L, Chagnon D, Tanaka A, Williams P, James-Todd T, Ford J, Souter L, Reardon K, Hausner J, Chavarro J. Journal of the Endocrine Society 2024 8:1 Article Number baad152 Embase Abstract Index Terms View Full Text Similar records >

2 Postprandial walking reduces glucose levels in women with gestational diabetes mellitus Coe D, Conger S, Kendrick M, Howard B, Thompson D, Bassett R, White D. Applied physiology, nutrition, and metabolism = Physiologie appliquée, nutrition et métabolisme 2018 43:5 (531-534) MEDLINE Abstract Index Terms View Full Text Similar records >

3 Effect of Targeted Care plus Exercise Intervention on Blood Glucose Levels and Maternal and Newborn Outcomes in Patients with Gestational Diabetes Mellitus He X, Geng X, Shi M, Jia Y, Cui G. Disease Markers 2022 2022 Article Number 7584936 Embase MEDLINE Abstract Index Terms View Full Text Similar records >

Embase AI – 支援中文提問

Address your research questions using Embase

We prioritize responses based on peer-reviewed sources, ensuring you receive the most credible and validated information available.

Responses are AI-generated without human review. Use scientific judgment before applying.

Example questions:

What are the current diabetes treatment?

What are the adverse events of gene therapy?

How do current treatments improve quality of life for type 2 diabetes patients?

Ask for biomedical insights

請問運動是否有助於控制妊娠糖尿病的血糖控制?

Ask

☐ Include preliminary research articles ⓘ

請問運動是否有助於控制妊娠糖尿病的血糖控制?請用繁體中文進行摘要 ⓘ

Searching for - 請問運動是否有助於控制妊娠糖尿病的血糖控制?請用繁體中文進行摘要 ✓

根據提供的文獻，運動有助於控制妊娠糖尿病患者的血糖水平。

運動對妊娠糖尿病的影響

根據一項系統性回顧，運動被認為是一種有效的策略，可以減輕妊娠糖尿病（GDM）患者的高血糖症狀。研究顯示，無論是有氧運動、阻力訓練，還是兩者的結合，都能改善已診斷患者的血糖控制情況，並減少肥胖孕婦的GDM發生率。然而，由於干預時間、診斷標準和血糖代謝測量方法的差異，尚難以提出明確的運動建議[1]。

另一項研究探討了基於共享決策的運動管理計劃對GDM患者血糖控制的影響。結果顯示，這種個性化的運動管理計劃能夠提高患者的醫療建議依從性、自我管理能力和生活質量，並有效調節血糖控制，改善母嬰妊娠結局[2]。

此外，針對單次運動對GDM患者血糖和胰島素水平的急性影響的研究發現，低強度和中等強度運動均能顯著降低血糖水平，且中等強度運動效果更佳。這些差異在運動後45分鐘消失，顯示運動對血糖的短期影響[3]。這些研究共同表明，運動對於控制妊娠糖尿病的血糖水平具有積極作用。

Show all references >

📄 ↺ ↻

預設回答

1. 提供最相關五篇文獻
2. 提供英文摘要

請問運動是否有助於控制妊娠糖尿病的血糖控制? ⓘ

Searching for - 請問運動是否有助於控制妊娠糖尿病的血糖控制? ✓

Based on the provided context, exercise is beneficial for controlling blood glucose levels in women with gestational diabetes mellitus (GDM).

Exercise and Gestational Diabetes Mellitus (GDM)

Gestational diabetes mellitus (GDM) is a condition characterized by glucose intolerance that occurs during pregnancy, typically in the latter half. It is associated with adverse perinatal outcomes and an increased risk of developing type 2 diabetes mellitus later in life for both the mother and child. Management of GDM often includes lifestyle modifications such as dietary counseling and exercise, which are effective in most cases. If these measures do not achieve optimal glycemic control, insulin therapy or metformin may be considered [1, 2].

Role of Exercise in GDM Management

Exercise is a key strategy in managing GDM as it helps reduce hyperglycemia. Regular physical activity is important for a healthy pregnancy and can lower the risk of developing GDM. For women already diagnosed with GDM, exercise is safe and can positively influence pregnancy outcomes by increasing skeletal muscle glucose uptake and minimizing hyperglycemia. A specific type of exercise, known as social nervous (SaSo) exercise, has been shown to significantly reduce fasting blood glucose levels in pregnant women with GDM. This moderate-intensity exercise involves autonomic nervous stimulation, which aids in glucose homeostasis [3].

Evidence Supporting Exercise Benefits

Research indicates that specialized, safe exercise programs can help control blood glucose levels in pregnant women with GDM. This aligns with findings that exercise benefits both healthy pregnant women and those with diabetes, including gestational diabetes. The evidence suggests that incorporating exercise into the management plan for GDM can be an effective alternative or complement to other treatments [4].

Show all references >

📄 ↺ ↻

可要求Embase AI以中文進行摘要

Embase AI – 常用的prompt詞

Give me recent 3 years articles



Embase query:

'systematic review'/de AND ('blood glucose'/exp OR 'blood sugar'/exp OR 'glucose levels':ti,ab,kw OR 'blood sugar':ti,ab,kw OR 'glycemia':ti,ab,kw) AND ('diabetes mellitus'/exp OR 'diabetes':ti,ab,kw OR 'diabetic':ti,ab,kw) AND ('exercise'/exp OR 'physical activity'/exp OR 'exercise':ti,ab,kw OR 'physical activit*':ti,ab,kw OR 'workout':ti,ab,kw OR 'fitness':ti,ab,kw) AND [2020-01-01]/sd NOT ([article in press]/lim OR [conference abstract]/lim OR [conference paper]/lim OR [conference review]/lim OR [preprint]/lim OR 'clinical trial'/it)

Please give me "systematic review" paper only



Embase query:

[2022-08-08]/sd AND ('systematic review'/de OR 'review'/it) AND ('blood glucose'/exp OR 'blood glucose':ti,ab,kw OR 'glucose levels':ti,ab,kw) AND ('exercise'/exp OR 'physical activity'/exp OR 'exercise':ti,ab,kw OR 'physical activit*':ti,ab,kw) AND ('diabetes mellitus'/exp OR 'diabetes':ti,ab,kw OR 'diabetic':ti,ab,kw) NOT ([article in press]/lim OR [conference abstract]/lim OR [conference paper]/lim OR [conference review]/lim OR [preprint]/lim OR 'clinical trial'/it)

Embase AI – AI答覆輸出與歷史紀錄

Address your research questions using Embase

We prioritize responses based on peer-reviewed sources, ensuring you receive the most credible and validated information available. Responses are AI-generated without human review. Use scientific judgment before applying.

latest research on controlling blood glucose in diabetes through exercise habits. Please give me "systematic review" paper only

Searching for - latest research on controlling blood glucose in diabetes through exercise habits. Please give me "systematic review" paper only

1. Translating the question into Embase query language

Embase query:

'systematic review'/de AND ('blood glucose'/exp OR 'blood sugar'/exp OR 'glucose levels':ti,ab,kw OR 'blood sugars':ti,ab,kw OR 'glycemia':ti,ab,kw) AND ('diabetes mellitus'/exp OR 'diabetes':ti,ab,kw OR 'diabetic':ti,ab,kw) AND ('exercise'/exp OR 'physical activity'/exp OR 'exercises':ti,ab,kw OR 'physical activity':ti,ab,kw OR 'workouts':ti,ab,kw OR 'fitness':ti,ab,kw) AND [2020-01-01]/sd NOT ([article in press]/lim OR [conference abstract]/lim OR [conference paper]/lim OR [conference review]/lim OR [preprint]/lim OR 'clinical trial'/it)

[Open in results page](#)

[Copy query](#)

2. Synthesizing a response

目前Embase AI尚未提供歷史訊息紀錄，可將文獻傳遞至結果頁面進行儲存

☐ Results [View](#) [Export](#) [Email](#) [Add to Temporary list](#)

587 Selected: 587 (clear)

[Show all abstracts](#)

- 1 Mobile health applications for self-regulation of glucose levels in type 2 diabetes mellitus patients: a systematic review
Syabariyah S., Wardani P.P.K., Aisyah P.S., Hisan U.K.
Family Medicine and Primary Care Review 2024 26:1 (123-136)
Embase NURSING [Abstract](#) [Index Terms](#) [View Full Text](#)
- 2 Exercise Intervention Improves Blood Glucose Levels and Adverse Pregnancy Outcomes in GDM Patients: A Meta-Analysis
Li X., Luo R., Qiao B., Ou H.
Computational and Mathematical Methods in Medicine 2022 2022 Article Number 9287737
Embase MEDLINE [Abstract](#) [Index Terms](#) [View Full Text](#)

[How it works?](#)

[Export](#)

時間戳記、提問與AI答覆可用Export功能輸出，目前僅提供txt文字格式。

Date: 08-08-2025 06:55:30 UTC

Total questions: 3

Note: Please be aware that Embase AI could sometimes produce content perceived as biased or inappropriate. The system generates human author review of every response. Customer expertise, judgment, and discretion should be exercised before acting on or links to the citations and source references used to generate the response for your review.

Question 1:

latest research on controlling blood glucose in diabetes through exercise habits. Please give me "systematic review" paper

Embase query 1:

'systematic review'/de AND ('blood glucose'/exp OR 'blood sugar'/exp OR 'glucose levels':ti,ab,kw OR 'blood sugars':ti,ab,kw OR 'glycemia':ti,ab,kw) AND ('diabetes mellitus'/exp OR 'diabetes':ti,ab,kw OR 'diabetic':ti,ab,kw) AND ('exercise'/exp OR 'physical activity'/exp OR 'exercises':ti,ab,kw OR 'physical activity':ti,ab,kw OR 'workouts':ti,ab,kw OR 'fitness':ti,ab,kw) AND [2020-01-01]/sd NOT ([article in press]/lim OR [conference abstract]/lim OR [conference review]/lim OR [preprint]/lim OR 'clinical trial'/it)

References

- 1 Effect of traditional Chinese exercise on older patients with diabetes mellitus: a systematic review and meta-analysis
Liu W., Che C.C., Chui P.L., Ma Z., Chen J.
Frontiers in Endocrinology 2025
<https://www.embase.com/search/results?subaction=viewrecord&id=L2034652100&from=EmbaseAI>
- 2 The Effects of Stretching Exercise on Levels of Blood Glucose: A Systematic Review with Meta-Analysis
Thomas E., Ficarra S., Nakamura M., Drisd P., (...), Bianco A.
Sports Medicine - Open 2024
<https://www.embase.com/search/results?subaction=viewrecord&id=L2028592599&from=EmbaseAI>
- 3 Exercise under hypoxia on glucose tolerance in type 2 diabetes mellitus risk individuals: A systematic review and meta-analysis
Rakhmawati H.S.N., Wungu C.D.K., Purwanto B., Andarianto A.
Tzu Chi Medical Journal 2024
<https://www.embase.com/search/results?subaction=viewrecord&id=L2031253588&from=EmbaseAI>
- 4

Embase AI – 提供五篇文章編號並要求摘要、比較內容。

Embase Search Emtree Jour

< Back to Results < Previous 1 of 587 Next >

Family Medicine and Primary Care Review 2024 264 (123-136)

Mobile health applications for self-regulation of glucose levels in type 2 diabetes mellitus patients: a systematic review

Syabariyah S., Wardani P.P.K., Aisyah P.S., Hisan U.K.
View author addresses

Abstract

Background. As diabetes incidence continues to rise, active medical intervention and self-management have now become crucial. Evidence showed that diabetes patients are at high risk of developing complications. Self-care management is of utmost importance when it comes to diabetes care. Recent situations such as the COVID-19 pandemic, however, have restricted vital communications between diabetes patients and their caregivers. This factor significantly deteriorates the glycaemic control of diabetes patients. At this point, mobile health applications can tackle the mentioned problems. Objectives. This article aims to investigate the recent developments in mobile applications for diabetes care. We also discuss the effectiveness of mobile health in controlling blood glucose levels through self-care for diabetes patients, especially during the pandemic. Material and methods. We present a review derived from articles published in the last 8 years. We extensively searched major databases for articles related to mobile health applications for diabetes care. Results. We found that mobile health applications are effective in diabetes self-management. Appropriate health applications enable communications between patients and caregivers/medical professionals at a distance, minimising the need for physical interactions during difficult circumstances. Via applications, patients can now maintain their healthy lifestyle through routine exercise reminders, food intake supervision and sleep quality monitoring. Certain health applications even allow users to interact with others having similar health situations so that they can be a motivation for each other. Conclusions. Various studies showed that health applications help user to control blood sugar levels, which may come in handy to mitigate glycaemic self-control problems.

Publication type	Review
Embase identification number (PUI)	L2028436932
Digital Object Identifier (DOI)	10.5114/fmpcr.2024.134712
Entry date	2024-04-17 (Full record) 2024-03-26 (Article in Press/In Process)
Updated date(s)	2024-03-26 2024-04-17

建議使用Embase
Identification number (PUI)
可以在文章頁面下方找到

Please find articles L2028436932 L2020567735 L2020230613 summarize and compare the study designs



Searching for - Summarize and compare the study designs of the articles with IDs L2028436932, L2020567735, and L2020230613.



Based on the provided context, the studies include an editorial discussing dual incretin receptor agonists for MAFLD, a meta-analysis on exercise interventions for GDM, and a systematic review on mobile health applications for T2DM self-management.

Study Designs Overview

The first article, titled "Editorial: Treatment with Dual Incretin Receptor Agonists to Maintain Normal Glucose Levels May Also Maintain Normal Weight and Control Metabolic Dysfunction-Associated Fatty Liver Disease (MAFLD)," is an editorial that discusses the potential benefits of dual incretin receptor agonists in treating MAFLD. This article does not present original research but rather provides an overview of existing knowledge and recent developments in the field, particularly focusing on the approval of tirzepatide by the FDA for T2DM treatment and its implications for MAFLD management [1].

The second article, "Exercise Intervention Improves Blood Glucose Levels and Adverse Pregnancy Outcomes in GDM Patients: A Meta-Analysis," employs a meta-analytic approach to evaluate the effects of exercise on gestational diabetes mellitus (GDM). The study systematically reviews and analyzes data from nine studies involving 1289 GDM patients. It assesses various outcomes such as blood glucose levels and pregnancy-related complications, using statistical methods to synthesize findings across multiple studies [2].

The third article, "Mobile health applications for self-regulation of glucose levels in type 2 diabetes mellitus patients: a systematic review," is a systematic review that examines the role of mobile health applications in managing T2DM. The review synthesizes findings from articles published over the last eight years, focusing on the effectiveness of these applications in



Thank you

Please email r.huang@elsevier.com with any questions

