

## **MIRROR project**

MIRROR (Monitoring, Interpreting, Recording data to Produce Osteopathic Reviews - Monitoring the Quality of Osteopathic Research) is a study dedicated to evaluating the quality of osteopathic research. The primary goal of this project is to ensure that research conducted in the field of osteopathy is based on rigorous scientific methods, providing a solid evidence base for clinical practice and the advancement of the discipline.

Osteopathy is an evolving profession, and scientific research plays a key role in providing evidence to support osteopathic theories and practices. However, the quality of research can vary significantly, which may affect the validity and reliability of the results obtained. The MIRROR project aims to evaluate and monitor the quality of osteopathic research to identify any shortcomings or areas for improvement and promote an evidence-based approach within the profession.

The MIRROR project involves a systematic evaluation process of osteopathic research. A panel of experts in osteopathy and scientific research is formed to examine and assess research protocols, study designs, sampling methods, evaluation tools, statistical analyses, and other key components of osteopathic studies. A standardised evaluation system is used to assess the quality of research based on predefined criteria, such as methodological robustness, data accuracy, internal and external validity, transparency of results, and practical applicability.

Through the MIRROR project, several objectives are pursued:

1. Identification of high-quality research: The MIRROR project enables identifying and recognising high-quality osteopathic research. These studies serve as a reference for the scientific and clinical community, providing solid evidence to support the effectiveness of osteopathy as a complementary therapy.

2. Identification of shortcomings and areas for improvement: The evaluation process of osteopathic research allows the identification of methodological shortcomings or other limitations that may affect the validity and reliability of results. This information is useful for identifying areas for improvement and promoting the adoption of higher standards in osteopathic research.

3. **Guidance for future research:** The evaluations conducted within the MIRROR project provide guidance and recommendations for the design and execution of future osteopathic research. This may include advice on sampling methods, evaluation tools, statistical analyses, and other key research components.

4. **Promotion of evidence-based practice:** The MIRROR project promotes an evidence-based approach within the osteopathic profession. The evaluations' results can be used to educate and raise awareness among osteopathic professionals about the importance of quality research and the use of best practices based on evidence in clinical practice.

The MIRROR project aims to ensure that osteopathic research is conducted to high-quality standards and that the evidence generated is reliable and meaningful. This contributes to strengthening the credibility of the osteopathic profession and providing a solid foundation for the evolution of the discipline in the field of health and well-being.