## Additional resource: Glossary

| Term | Explanation |
|---|---|
| **Bias** | is a consistent error in perception. |
| **Case series** | research studies that follow people with a known exposure or receiving the same treatment and examine their outcome. |
| **Case-control studies** | research studies that help determine whether an exposure leads to an outcome, for example a disease. These studies are retrospective as they look at an outcome first and try to trace back to identify the exposure. |
| **Causation** | indicates that one event is the result of the occurrence of the other event; i.e. there is a causal relationship between the two events. This is also referred to as cause and effect. |
| **Caveat** | a warning to consider something before taking any more action, or a statement that limits a more general statement. |
| **Cohort studies** | research studies in which the researchers follow a group of people who often share similar characteristics over a period of time to see if an outcome develops. |
| **Confounder** *(similar: confounding factor; confounding variable)* | it is a background or additional factor, other than what is being studied. It can cause misinterpretation of the study results. |
| **Correlation** | indicates a relationship; e.g. Action A relates to Action B, but one event doesn't necessarily cause the other event to happen. |
| **Food frequency questionnaire** | is a method of collecting food intake information from study participants. |

| Heuristic | is a simplified rule which we use to interpret information or make a decision quickly and with minimal mental effort. |
|---|---|
| NOVA system | the NOVA classification system groups all foods according to the nature, extent and purposes of the industrial processes they undergo. The system classifies all foods and food products into four groups: unprocessed and minimally processed foods, processed culinary ingredients, processed foods and ultra-processed foods. It has been developed by the group of researcher led by Carlos Augusto Monteiro and first published in 2009. |
| Peer-review | it is a step in the scientific study publishing process, where other scientists in the same field look carefully at the study, checking the procedures and giving their views on the plausibility and correctness of the results. |
| Recall bias | occurs when participants do not remember previous events or experiences accurately or omit details. |
| Residual confounding | occurs when a confounder has not been adequately adjusted for in the analysis. |
| Reverse causality (similar: reverse causation) | occurs when two variables are associated but not in the way researchers expected. |
| Selection bias | occurs from any error in selecting the study participants and/or from factors affecting the study participation. That error can lead to the sample being unrepresentative. |
| Statistical significance | it is a statistical method to quantify whether a result is likely due to chance or to the factor of interest. The level of statistical significance is often expressed as a p-value between 0 and 1. A p-value less than 0.05 (typically expressed as ≤ 0.05) is statistically significant. |