TITLE: Concise guidelines and complementary checklists for improving research reliability and reproducibility

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Standfirst

Checklists to address reproducibility shortfalls have proliferated but tend to be discipline- or research stage-specific and lack context or learning opportunities. We offer an alternative: one page, every stage, with a reason for each recommendation.

Keywords: checklist, reproducibility, transparency, research reliability, credibility, replicability, guidelines, R package

Introduction

Building literacy and skills to enhance research reliability and reproducibility is often hindered by a lack of institutional support or training or otherwise takes second stage to maximizing the quantity and "novelty" of research outputs. The consequences of this have been repeatedly highlighted in the literature, across many, if not most scientific disciplines [1]: a) insufficient documentation (studies lacking data, scripts, context, i.e. complex analytical processing decisions, etc.), resulting in an inability to identify questionable research practices and thus measure bias; b) inadequate study design, including insufficient replication or inappropriate statistical analyses limiting the reliability of conclusions; c) an overreliance on binary criteria (i.e. $P < 0.05$), combined with inadequate reporting of effect sizes, confidence intervals, and uncertainty around estimates; d) poor differentiation across the nexus of exploratory (hypothesis generating) and confirmatory (hypothesis testing) research, resulting in unreliable statistical interpretations; d) a body of literature that is severely biased and misrepresents the full scope of research being conducted.

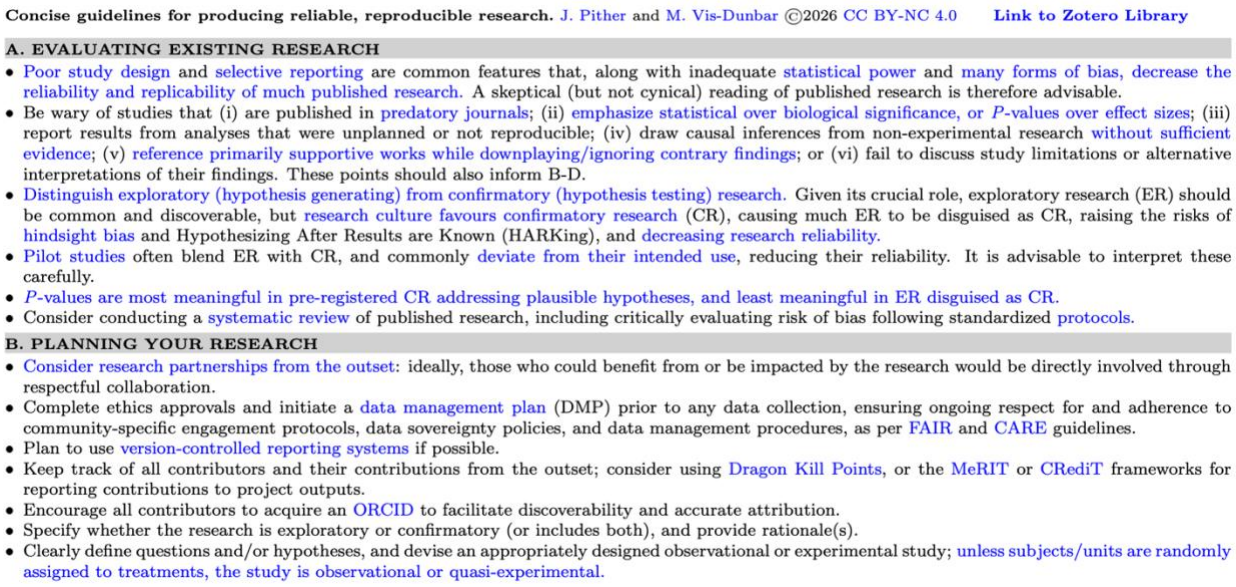
The gaps

Among the myriad resources available to researchers to strengthen or evaluate the reliability and reproducibility of outputs, checklists have emerged as popular tools. These offer an accessible means to standardize reporting and evaluation, by asking binary or scaled questions about procedures within the research lifecycle. Checklists have been developed across a range of applications [2–4], generally tailored to specific disciplines [5] and study designs [6,7], or research life cycle phases such as preregistration (https://www.cos.io/initiatives/prereg) or archiving data [8] and code [9]. A more widely applicable checklist of 32 "core items for reproducibility", derived through a Delphi study, was recently published [4], and a few are more

46 comprehensive and include interactive dashboards [e.g. ref. 3]. However, these checklists remain
47 limited in scope and prescriptive in nature. Specifically, they aren't designed to help the user
48 understand the problem being addressed by the checkbox. Thus, we note three shortfalls in the
49 current landscape of checklists: a) to our knowledge, none are sufficiently discipline-agnostic
50 (within the sciences); (b) none address the full research life cycle (including the step of
51 evaluating existing research); and c) while they contribute to evaluating reporting, they fall short
52 on supporting critical interpretation.

53 **The solution**

54 To address these shortfalls, we present a resource, entitled "Concise Guidelines for Producing
55 Reliable, Reproducible Research" (Figure 1), that attempts to fill the gap between checklists and
56 the well-developed literature that underpins what these checklists are attempting to evaluate. We
57 anticipate the resource being especially useful for graduate students and early career researchers
58 as it synthesizes common issues across the sciences and links out to core papers and resources
59 through a shared public library
60 (https://www.zotero.org/groups/6487727/concise_guidelines_for_reliable_research/library).
61



Concise guidelines for producing reliable, reproducible research. J. Pither and M. Vis-Dunbar ©2026 CC BY-NC 4.0 **Link to Zotero Library**

A. EVALUATING EXISTING RESEARCH

- Poor study design and selective reporting are common features that, along with inadequate statistical power and many forms of bias, decrease the reliability and replicability of much published research. A skeptical (but not cynical) reading of published research is therefore advisable.
- Be wary of studies that (i) are published in predatory journals; (ii) emphasize statistical over biological significance, or *P*-values over effect sizes; (iii) report results from analyses that were unplanned or not reproducible; (iv) draw causal inferences from non-experimental research without sufficient evidence; (v) reference primarily supportive works while downplaying/ignoring contrary findings; or (vi) fail to discuss study limitations or alternative interpretations of their findings. These points should also inform B-D.
- Distinguish exploratory (hypothesis generating) from confirmatory (hypothesis testing) research. Given its crucial role, exploratory research (ER) should be common and discoverable, but research culture favours confirmatory research (CR), causing much ER to be disguised as CR, raising the risks of hindsight bias and Hypothesizing After Results are Known (HARKing), and decreasing research reliability.
- Pilot studies often blend ER with CR, and commonly deviate from their intended use, reducing their reliability. It is advisable to interpret these carefully.
- *P*-values are most meaningful in pre-registered CR addressing plausible hypotheses, and least meaningful in ER disguised as CR.
- Consider conducting a systematic review of published research, including critically evaluating risk of bias following standardized protocols.

B. PLANNING YOUR RESEARCH

- Consider research partnerships from the outset: ideally, those who could benefit from or be impacted by the research would be directly involved through respectful collaboration.
- Complete ethics approvals and initiate a data management plan (DMP) prior to any data collection, ensuring ongoing respect for and adherence to community-specific engagement protocols, data sovereignty policies, and data management procedures, as per FAIR and CARE guidelines.
- Plan to use version-controlled reporting systems if possible.
- Keep track of all contributors and their contributions from the outset; consider using Dragon Kill Points, or the MeRIT or CRediT frameworks for reporting contributions to project outputs.
- Encourage all contributors to acquire an ORCID to facilitate discoverability and accurate attribution.
- Specify whether the research is exploratory or confirmatory (or includes both), and provide rationale(s).
- Clearly define questions and/or hypotheses, and devise an appropriately designed observational or experimental study; unless subjects/units are randomly assigned to treatments, the study is observational or quasi-experimental.

Figure 1: A screenshot showing the beginning portion of the 1-page guidelines document rendered to PDF from LaTeX. In the upper right is the link to the public Zotero library that hosts all the citations that are hyperlinked in the document (blue text). The document is also provided in Microsoft Word format, LaTeX, and Markdown, and the CC BY license enables users to tailor and reformat as desired. The complementary 'rrchecklist' R package provides users the option of creating more conventional checklists of action items based on these guidelines; one checklist of evaluating existing research and one for when conducting one's own research.

The need for such a resource became clear to us through the work we have been engaged in over the past decade to enhance Open Science practices at the University of British Columbia's Okanagan campus [10] and beyond [11], and reflects discussions with graduate students and early career researchers through teaching, supervision, and project collaboration.

In conjunction with a companion R package (called "rrchecklist" for "reliable research" checklist [12]) that provides fillable checklists in HTML or PDF formats, we provide a proof-of-concept that merges the contextual resource with a checklist. Together, these resources can enhance the

ability of researchers to apply a critical lens to their interpretation of research outputs (their own and others), and to build literacy by linking to a concise library of foundational resources for deeper learning.

What it does

The resource adopts a full research lifecycle approach, starting with the evaluation of existing published research, thereby enabling identification of the best available evidence to inform a new research project. It then builds on this, mapping the concepts used in this evaluation to one's own study design considerations, through to one's own reporting of outcomes. We see this as an important feature; academia trains aspiring researchers well to be critical of others' works, but is less effective at encouraging the application of a similarly critical lens to one's own work. Another key feature of the resource is that it is prescriptive in what to consider, but not in how to consider it; for example, one should look for hallmarks of poor study design and selective reporting, and one should be able to distinguish between exploratory and confirmatory studies and appropriate reporting in each. When partnered with the complementary checklist that identifies specific criteria to look for in evaluating study design, the resource provides valuable informational context. It encourages the user to recall their own foundational training around study design, interpretation, and reporting – thereby resurrecting considerations that are otherwise often abandoned in favour of convention, such as not considering statistical power, and emphasizing statistical significance over real world significance.

In its treatment of study design and statistical concepts, the resource adopts a frequentist rather than Bayesian framework. We consider this more broadly accessible for most researchers, especially those at early career stages. We would welcome the development of a Bayesian version of the guidelines.

The resource also addresses ethical community engagement and encourages collaboration with those potentially impacted by the research [13], highlighting the importance of adhering to community-specific protocols. Additionally, it addresses key aspects of research integrity and scholarly communication, ensuring due credit and maximizing discoverability, accessibility, and reach.

What it does not do

While the resource provides links to a few key references that serve as foundations for the user to build on, it does not provide a comprehensive rationale or an extended list of references for any of its recommendations or statements.

The resource does not provide introductory or background material on the reproducibility crisis, study design, or statistics. Rather, it assumes the user has sufficient introductory knowledge of these topics such that most, if not all, of the terminology and statements are familiar to them.

Conclusion

Both the guidelines document and the checklist package are meant to be adapted and enhanced; despite our attempt to create a discipline-agnostic resource for the sciences, we recognize limitations resulting from our own experiences and anticipate that we have used language and references that will not resonate with all potential audiences. Releasing the guidelines document in multiple formats under CC BY-NC (Microsoft Word, PDF, Markdown, LaTeX), we hope it will generate discussion and modification, and be adopted and improved upon by many research labs and graduate programs. Further, the R 'rrchecklist' package is licensed GPLv2 to encourage similar customized adoption.

Supplemental Materials

All supplemental materials including the guidelines document (in various formats) are publicly available at this OSF archive: https://doi.org/10.17605/OSF.IO/DQX8K, and the R package is available at https://github.com/pitherj/rrchecklist.

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Contributions

JP wrote the initial draft of the guidelines resource, and MV-D wrote the initial draft of the manuscript. Both authors helped with revisions on both documents. JP produced the 'rrchecklist' R package with assistance from Claude Code (Sonnet 4.6). JP used Claude Code (Sonnet 4.6) to generate the initial draft LaTeX and Markdown versions of the guidelines document.

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- Clearly define questions and/or hypotheses, and devise an appropriately designed observational or experimental study; unless subjects/units are randomly assigned to treatments, the study is observational or quasi-experimental.
- Ethical and/or logistical constraints often necessitate observational or quasi-experimental designs, in which case causal inference is more challenging (compared to experiments) but possible, requiring careful pre-planning, and meeting myriad criteria and assumptions.
- For experimental studies, ensure proper controls and randomization, and implement blinding where possible.
- For all studies, define the target population, scope of inference, dependent and independent variables, units of observation, and replication (sample sizes).
- Describe study materials and procedures in detail.
- Choose statistical methods best suited to addressing the question(s) / hypotheses; new methods are rarely required.
- Multiple alternative data pre-processing and/or analysis methods may legitimately be suitable, so consider evaluating the robustness of the findings to these varied protocols (i.e. a form of "multiverse" or sensitivity analysis).
- Plan to accommodate non-Gaussian error distributions, multivariate responses and/or hierarchical/non-independent sampling designs where appropriate.
- Specify how model assumptions will be checked and violations dealt with.
- For CR, clearly define what would constitute a meaningful effect size, and specify what will constitute evidence (i) consistent with and (ii) contrary to each hypothesis.
- For CR, consider prospective power analyses that employ the planned statistical methods and plausible effect sizes.
- Especially when power is limited, acknowledge uncertainty and focus on sound study design and data useability.
- For CR, plan to adjust *P*-values for multiple testing when appropriate.
- For ER, justify sample sizes based on feasibility, resource constraints, or desired precision.
- Especially for CR, strongly consider detailing your study design and analysis plan in a pre-registration (PR), which can help improve research reliability. PRs shift effort appropriately towards the planning stage, where it has the greatest benefit. Deviations from PRs are absolutely okay if transparently reported (see section C).
- Have your research plan reviewed by both subject matter experts and others (possibly as a registered report).
- Foster a peer community that values providing and receiving constructive criticism.

C. CONDUCTING YOUR RESEARCH

- Careful planning (part B) helps make the "conducting research" stage smoother.
- Document procedures transparently, detailing all deviations from planned protocols. Data quality control and updates to data management plans are ongoing responsibilities.

D. REPORTING, INTERPRETING, AND COMMUNICATING YOUR RESEARCH FINDINGS

- Transparently report all evaluations of model assumptions, and remedies to violations, as per analysis plans.
- Prioritize reporting and interpreting effect sizes, their uncertainty (e.g. confidence intervals), and their real-world relevance.
- When appropriate, report effect sizes alongside *P*-values.
- Absence of evidence (i.e. a statistically non-significant result) is not necessarily evidence of absence.
- Statistical significance does not necessarily imply biological relevance.
- Do not imply causation with words like "cause" or "affect" unless appropriately justified (e.g. from experimental results); consider whether "is associated with" is more suitable.
- Use effective visualizations: reveal, don't conceal data.
- Clearly report sample sizes for all treatments, each analysis, and in each relevant figure and table.
- Maximize the accessibility and inclusivity of outputs.
- There should be no surprise analyses: each analysis should be linked to a pre-specified question/hypothesis.
- Adding unplanned analyses is sometimes warranted (e.g. as a follow-up to planned), but these tend to yield inflated false positive rates (e.g. due to researcher degrees of freedom), so label them clearly as unplanned; only planned analyses retain the intended statistical meaning.
- Interpret findings objectively and discuss alternative interpretations where appropriate.
- Avoid using persuasive language, overselling, or over-generalizing your findings.
- Do not extrapolate findings beyond the target population without sufficient justification.
- Speculation can be valuable when labeled clearly as such.
- Evaluate your draft manuscript against points in section "A" above.

E. ENHANCING THE REPLICABILITY, DISCOVERABILITY, ACCESSIBILITY, AND REACH OF YOUR RESEARCH

- Ensure data and executable analysis code are as open as possible and as closed as necessary according to FAIR and CARE guidelines or data access and sharing agreements, archived with appropriate metadata, and shared to facilitate independent replication.
- Publish Open Access and/or a preprint, and follow best practices to maximize discoverability when writing your title, abstract, and keywords.

These are guidelines not requirements: every step taken towards more reliable, reproducible research is valuable and should be celebrated.