Theme 8: Literature Review

**Showing Depth in Literature Reviews**

1. **SUMMARISING LITERATURE**

In the following summaries, highlight: (a) the aim of the study, (b) any aspects of methodology, and (c) the main findings (including data).

1. A study by Petersen (2018), which focused on the eating habits of undergraduate students in Oslo, found that the majority (around 70%) of the surveyed participants ate vegetarian meals 3-5 times per week.
2. In Sehl’s (2017) research, it was found that a significant proportion (around 30%) of young adults in Germany identify as vegetarians or vegans. Moreover, over half of the sample (total number 550, based in Berlin) indicated that they consciously reduce the amount of meat they eat.
3. A cross-cultural project regarding public attitudes to veganism carried out in Central and Eastern Europe by Adamcakova (2016) showed that, out of the 3 focus groups conducted in different countries (Slovakia, Czech Republic, Poland), it was the Czech participants who showed most positive attitudes towards plant-based diets.
4. **EVALUATING LITERATURE**

Read each evaluation and identify (i) a mention the source’s methodological strengths or limitations, (ii) a comment on the relevance of the source to the student’s own research project.

1. Although Petersen’s (2018) findings are highly relevant to this research since they concern vegetarian diets among university students in Northwest Europe, her questionnaires (1) did not distinguish between vegetarianism and veganism in the way that is key to this research project, and (2) relied on participants’ memory to recount past eating habits – this kind of self-reported data may not be entirely accurate.
2. Sehl (2017) has designed a survey which determines whether participants identify as vegetarian, vegan or plant-based, and the framework proposed there will be adapted and applied in this project. However, Sehl does not address the self-selection bias in her research, which means that, potentially, the participants who volunteered to answer the questionnaire had a pre-existing interest in vegetarian diets.
3. Adamcakova’s (2016) study used focus groups to obtain in-depth responses from her participants. While the use of questionnaires in my research project will not allow the same level of detail, it is much more anonymous, and may therefore limit the way participants present themselves to the group by expressing views that are socially acceptable, rather than stating what they truly believe.
4. **SHOWING RELATIONSHIPS BETWEEN SOURCES**

Highlight the links between the sources in the extracts below:

**EXTRACT 1**

In Sehl’s (2017) research, it was found that a significant proportion (around 30%) of young adults in Germany identify as vegetarians or vegans. Moreover, over half of the sample (total number 550, based in Berlin) indicated that they consciously reduce the amount of meat they eat. While Sehl distinguishes between vegetarianism and veganism, Petersen (2018) focuses exclusively on vegetarian diets. Her research, which focused on the eating habits of undergraduate students in Oslo, found that the majority (around 70%) of the surveyed participants ate vegetarian meals 3-5 times per week.

**EXTRACT 2**

A cross-cultural project regarding public attitudes to veganism carried out in Central and Eastern Europe by Adamcakova (2016) showed that, out of the 3 focus groups conducted in different countries (Slovakia, Czech Republic, Poland), it was the Czech participants who showed most positive attitudes towards plant-based diets, while others were sceptical. In comparison to the residents of the former Soviet Bloc, those residing in Northern Europe seem to be more accepting of meat-free diets. A study by Petersen (2018), which focused on the eating habits of undergraduate students in Oslo, found that the majority (around 70%) of the surveyed participants ate vegetarian (including vegan) meals 3-5 times per week.