

Elicit users find academic papers, ask questions about them, and summarize their findings

What is the impact of creatine on cognition?



SUMMARY OF TOP 4 PAPERS

BETA

The papers suggest that creatine supplementation may have a positive impact on cognitive function. [Avgerinos 2018](#) found that oral creatine administration may improve short-term memory and intelligence/reasoning of healthy individuals, but its effect on other cognitive domains remains unclear. [Ling 2009](#) found that creatine ethyl ester supplementation improved performance on several cognitive tasks. [McMorris 2007](#) found that creatine supplementation aided cognition in the elderly. Overall, the papers suggest that creatine supplementation may have potential benefits for cognitive function, particularly in aging and stressed individuals, but further research is needed to fully understand its effects.

Add information about all papers

Abstract summary ✓

Intervention ✓

Outcomes measured ✓

Search for paper information

Has PDF

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Paper title	Abstract summary	Intervention
<p>★ Effects of creatine supplementation on cognitive function of healthy individuals: A systematic review of randomized controlled trials</p> <p>🔍 Konstantinos I. Avgerinos, Nikolaos Spyrou, Konsta...</p> <p>📄 <i>Experimental Gerontology</i> 📊</p> <p>2018 Systematic Review 37 Citations DOI PDF</p>	Oral creatine administration may improve short-term memory of healthy individuals.	oral creatine administ
<p>★ Cognitive effects of creatine ethyl ester supplementation</p> <p>🔍 J. Ling, Minos Kritikos, B. Tiplady</p> <p>📄 <i>Behavioural Pharmacology</i> 📊</p> <p>2009 RCT 35 Citations DOI</p>	Creatine seems to facilitate cognition on some tasks.	supplementation with
<p>★ Creatine Supplementation and Cognitive Performance in Elderly Individuals</p> <p>🔍 T. McMorris, Gregorsz Mielcarz, R. Harris, J. Swain,...</p> <p>📄 <i>Neuropsychology, development, and cognition. Sectio...</i></p> <p>2007 RCT 94 Citations DOI</p>	Creatine supplementation aids cognition in the elderly.	creatine supplementa

Today, Elicit users find academic papers, ask questions about them, and summarize their findings.

After literature review, Elicit will expand to other research tasks (evaluating project directions, decomposing research questions, augmented reading), then beyond research (supporting organizational planning, individual decision-making).

The case for Elicit

Robust, well-reasoned research is the bottleneck for many impactful interventions and decisions. Language models can address this bottleneck by reading and evaluating more research, evidence, and reasoning steps than humanly possible.

Like programming languages provide building blocks for exact computation, language models provide the building blocks of cognitive work (e.g., search, extraction, classification, summarization). **Elicit will study researchers, identify and build out these blocks, then surface them to users so that they can string them together and automate their cognitive workflows over time.**

If Elicit succeeds, this will make researchers vastly more productive and accurate. It will also help non-experts apply good research and reasoning practices when discovering, consuming, and generating information.

Elicit's architecture is based on supervising reasoning processes, not outcomes.

While this architecture is being built in the context of a research assistant, we expect to learn how to make machine learning useful for open-ended questions more broadly (differential capabilities). In the long run, process-based architectures can avoid some alignment risks posed by end-to-end optimization (alignment).

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How effective are conditional cash transfer programmes?

2 selected

+ Show more like these

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CSV



Paper

Abstract summary



How effective are conditional cash transfers? Evidence from Colombia

Q. Attanasio, Erich Battistin, E. Fitzsimons...

2005 232 citations DOI PDF

Conditional cash transfer programs are becoming an extremely popular tool for improving the education and health outcomes of poor children in developing countries.



Evaluating the Impact of Conditional Cash Transfer Programs: Lessons from Latin America

Laura B. Rawlings, Gloria M. Rubio

2003 800 citations DOI PDF

Conditional cash transfer programs are effective in promoting human capital accumulation among poor households.



Relative Effectiveness of Conditional and Unconditional Cash Transfers for Schooling Outcomes in Developing Countries: A Systematic Review

S. Baird

2013 298 citations DOI PDF

Cash transfer programs are a popular social protection tool in developing countries.



Conditional, unconditional and everything in between: a systematic review of the effects of cash transfer programmes on schooling outcomes

Gloria M. Rubio

2018 110 citations DOI PDF

Both conditional cash transfers and unconditional cash transfers improve the odds of being enrolled in and attending school compared to no cash transfer program.



How effective are conditional cash transfer programmes?

Filter

Sort

+ 3 columns

CSV

Paper

How effective are con

O. Attanasio, Erich
2005 232 citations

Evaluating the Impact
from Latin America

Laura B. Rawlings,
2003 800 citations

Relative Effectiveness
Transfers for Schoolin
Systematic Review

S. Baird
2013 298 citations

Conditional, unconditional and everything in between: a systematic
review of the effects of cash transfer programmes on schooling
outcomes

Gloria M. Rubio
2018 110 citations

Search or add a column

e.g. summary, counter-arguments

POPULAR COLUMNS

Outcomes measured

Intervention

Duration

Participant count

Participant age

Limitations

Region

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Abstract summary

Conditional cash transfer programs are becoming an extremely popular tool for improving the education and health outcomes of poor children in developing countries.

Conditional cash transfer programs are effective in promoting human capital accumulation among poor households.

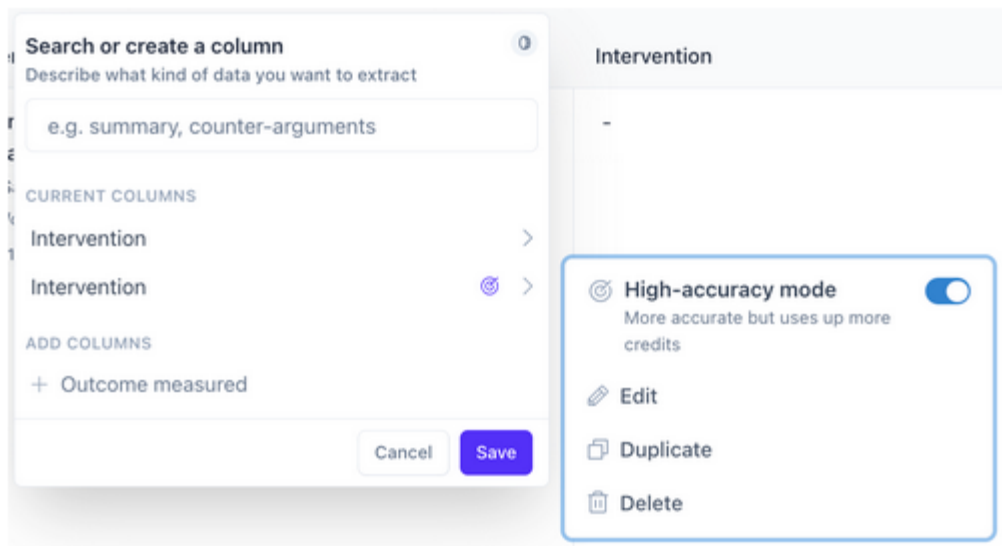
Cash transfer programs are a popular social protection tool in developing countries.

Both conditional cash transfers and unconditional cash transfers improve the odds of being enrolled in and attending school compared to no cash transfer program.

We've sped up high-accuracy mode in [Elicit!](#)

What is high-accuracy mode?

High-accuracy mode gives better results when adding columns and extracting data. In our testing, high-accuracy mode had about 1/2 the error rate of standard columns. High-accuracy mode is particularly useful for conducting systematic reviews and meta-analyses.



High-accuracy mode is only available to Elicit Plus subscribers, and costs about 250 credits per answer.

Learn more about high-accuracy mode [here](#).

Improvements

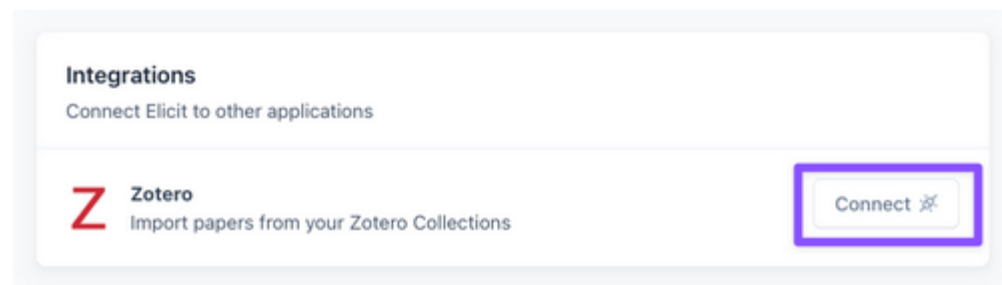
As of today, we're using a new technique for high-accuracy mode. Our testing found that our new technique reduces the error rate by about 8% compared to our old technique.

Our new technique is also much faster -- it used to take about 25 seconds to get a high-accuracy mode answer, now it takes only about 4 seconds. I hope that this speed-up will let you iterate faster and complete your

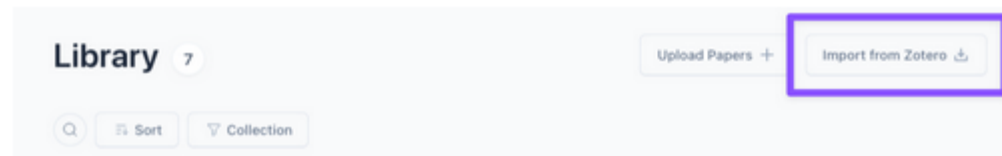
You can now import paper PDFs from Zotero into [Elicit!](#)

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4. Log in to Zotero, if necessary
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 List of concepts

Ask a research question



Wie bewertet die WHO die Auswirkungen von Umweltverschmutzung auf die menschliche Gesundheit?

Für Weiterrecherche in KI-Tools sinnvoll englische Übersetzung erstellen oder von ChatGPT erstellen lassen:

How does WHO assess the impact of environment pollution on human health?