Video is no more than 3 minutes long.

■ Introduce the clinical question, describe the study design, and explain the potential impact.

■ The video has a clear introduction, main content, and conclusion.

■ My voice is audible and pacing is clear.

■ Any visuals are relevant and readable (optional).

■ I have included my full name and my school name in the file name.

■ I have included the following written declaration in my submission

I confirm this work is my own, that the person presenting is me, and I attend a UK state school.