Recommendations give you a way to see the influence of your work by showing you how often others have recommended your research to their network.

Your **Recommendations** tab shows you how many recommendations your work and other contributions on ResearchGate get each week, which of your work was recommended the most, and who recommended it.

You can also see a detailed breakdown of all of your recommendations by publications, project updates, questions, answers, and publication comments.

**How do I recommend research?**

To recommend a research item such as a publication or data:

1. Go to the research item’s page
2. Click on **Recommend**.

**Note:** If you want to remove a recommendation, simply click on **Recommended** above the research item.