1. A method for identifying a 3'-untranslated region element (3'-UTR element) and/or a 5'-untranslated region element (5'-UTR element), which is derived from a stable mRNA comprising the following steps:

a) Analyzing the stability of an mRNA comprising the following sub-steps:

i. Determining the amount of said mRNA at a first point in time during a decay process of said mRNA,

ii. Determining the amount of said mRNA at a second point in time during a decay process of said mRNA, and

iii. Calculating the ratio of the amount of said mRNA determined in step (i) to the the amount of said mRNA determined in step (ii);

b) Selecting a stable mRNA having a ratio calculated in sub-step (iii) of at least 0.5 (50%), at least 0.6 (60%), at least 0.7 (70%), at least 0.75 (75%), at least 0.8 (80%), at least 0.85 (85%), at least 0.9 (90%), or at least 0.95 (95%); and

c) Determining the nucleotide sequence of a 3'- and/or 5'-UTR element of said stable mRNA.