

# Welcome



# Today's plan

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The value of  
research



A bit more about  
this program



Developing your  
research interests  
and questions

# Housekeeping

- Interactive – please raise hand or type questions into chat. If you have a question, it is likely that others have the same question!
- Please keep yourself muted if not speaking, as it reduces background sounds for everyone
- Videos on, if possible for you, as it helps build engagement
- Take a moment to check if you have something to take notes (digital/paper)

# Who are we?



Ritika Chokhani  
PhD student in Mental Health  
Science  
University College London



Praveetha Patalay  
Professor of Population Health and  
Wellbeing  
University College London

# Tell us about you

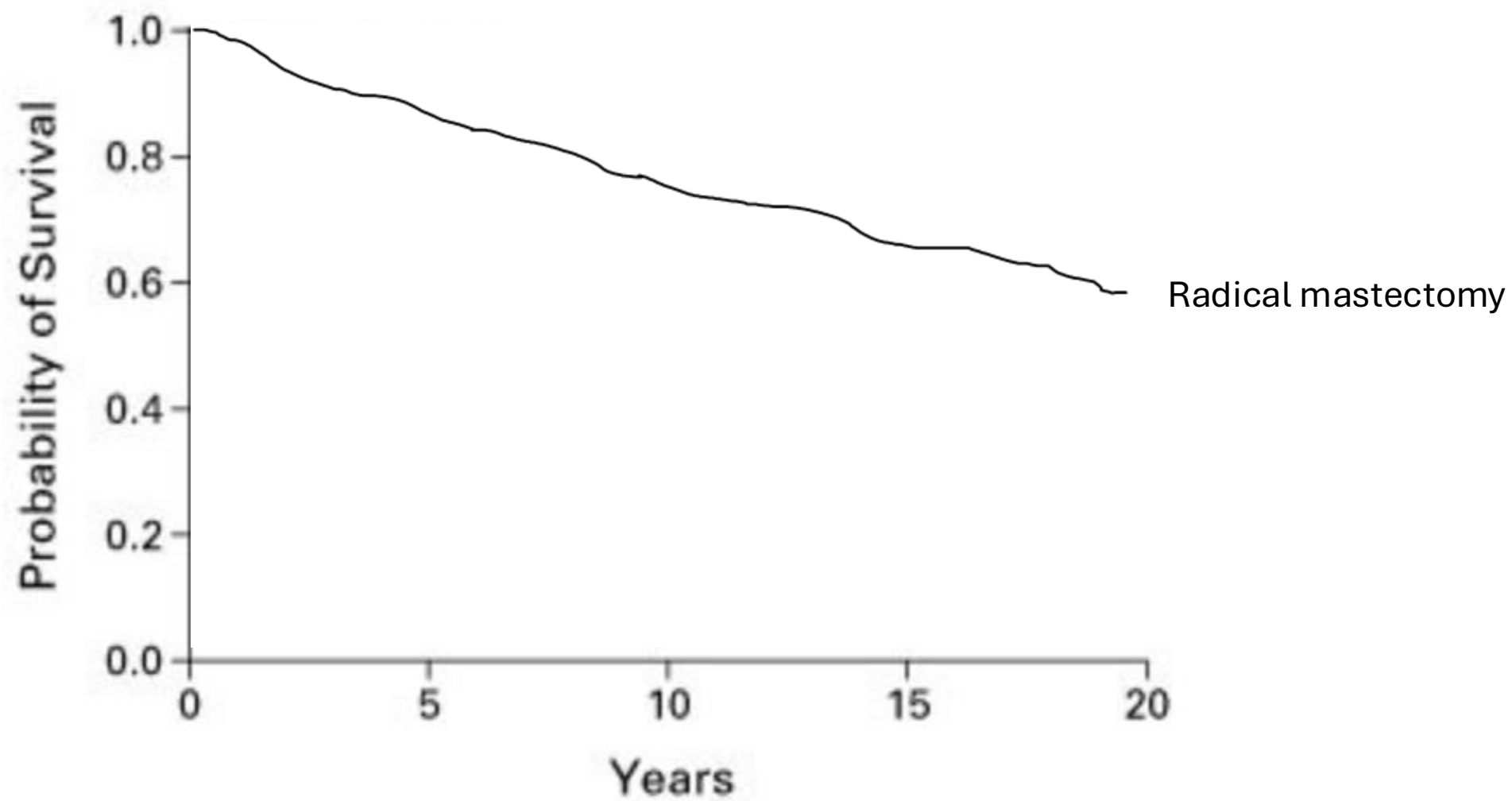
(1) Name

(2) Where you're joining from today (feel free to share your town, region, or country, whatever feels right to you)

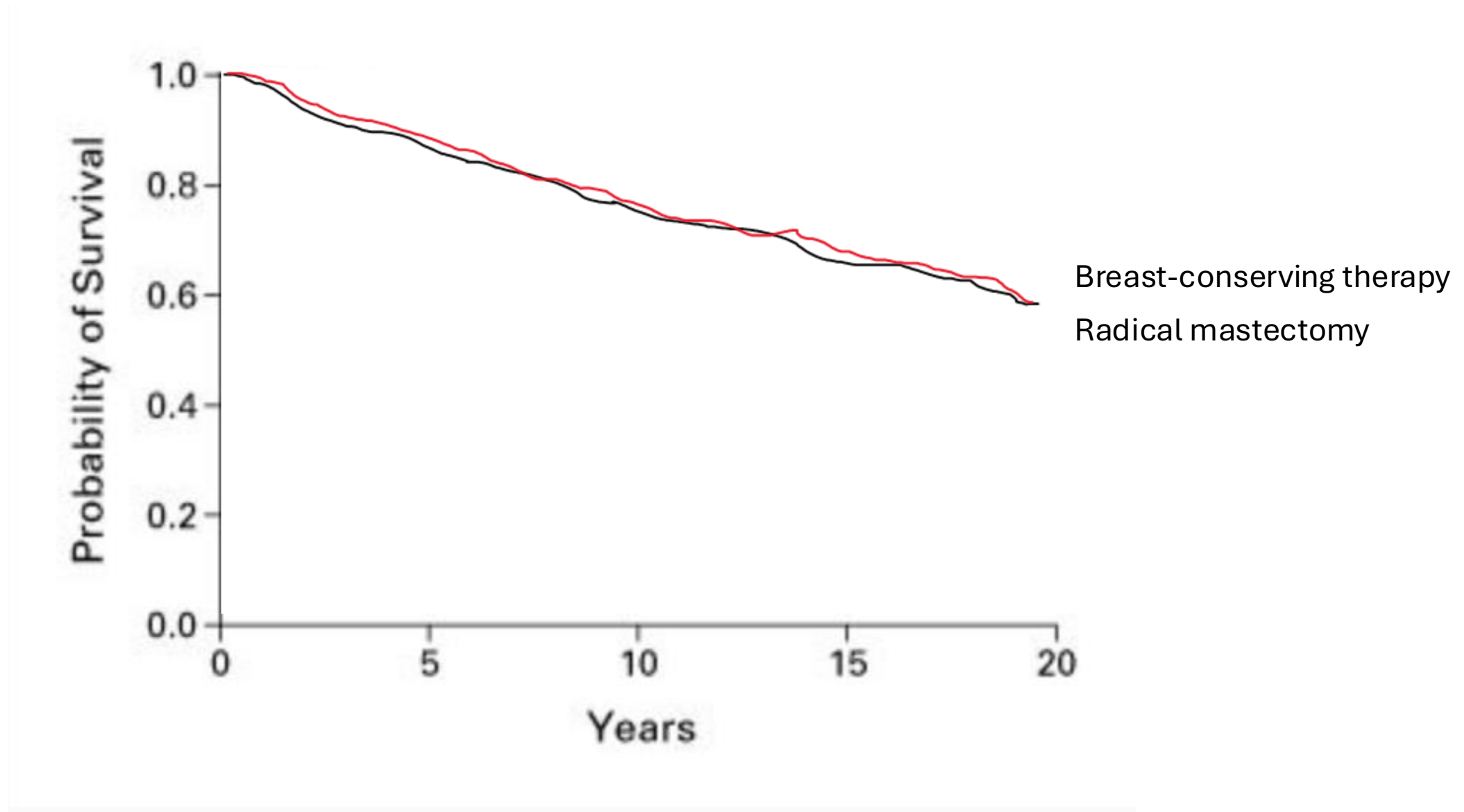
(3) Tag another person

# The value of research





Graph approximately reproduced from Veronesi et al New England Journal of Medicine



Graph approximately reproduced from Veronesi et al New England Journal of Medicine

# BLUE ZONES

LONGEVITY HOTSPOTS

LOMA LINDA  
CALIFORNIA

NICOYA  
COSTA RICA

SARDINIA  
ITALY

ICARIA  
GREECE

OKINAWA  
JAPAN

## BLUE ZONE LIFE LESSONS



MOVE NATURALLY



RIGHT TRIBE



RIGHT OUTLOOK



EAT WISELY

# Supercentenarian and remarkable age records exhibit patterns indicative of clerical errors and pension fraud

 Saul Justin Newman

**doi:** <https://doi.org/10.1101/704080>

This article is a preprint and has not been certified by peer review [what does this mean?].



**Abstract**

Full Text

Info/History

Metrics

 Preview PDF

Would anybody like to  
share an example of  
research that you like?



*Research contributes  
new knowledge to  
society that can be used  
to help improve the lives  
and health of all living  
beings and the planet*



Even if you  
don't end up  
in a research  
careers,  
developing  
research  
skills is  
useful...



To make everyday life decisions (e.g. critically evaluating treatment options for an illness, choosing a health insurance policy)

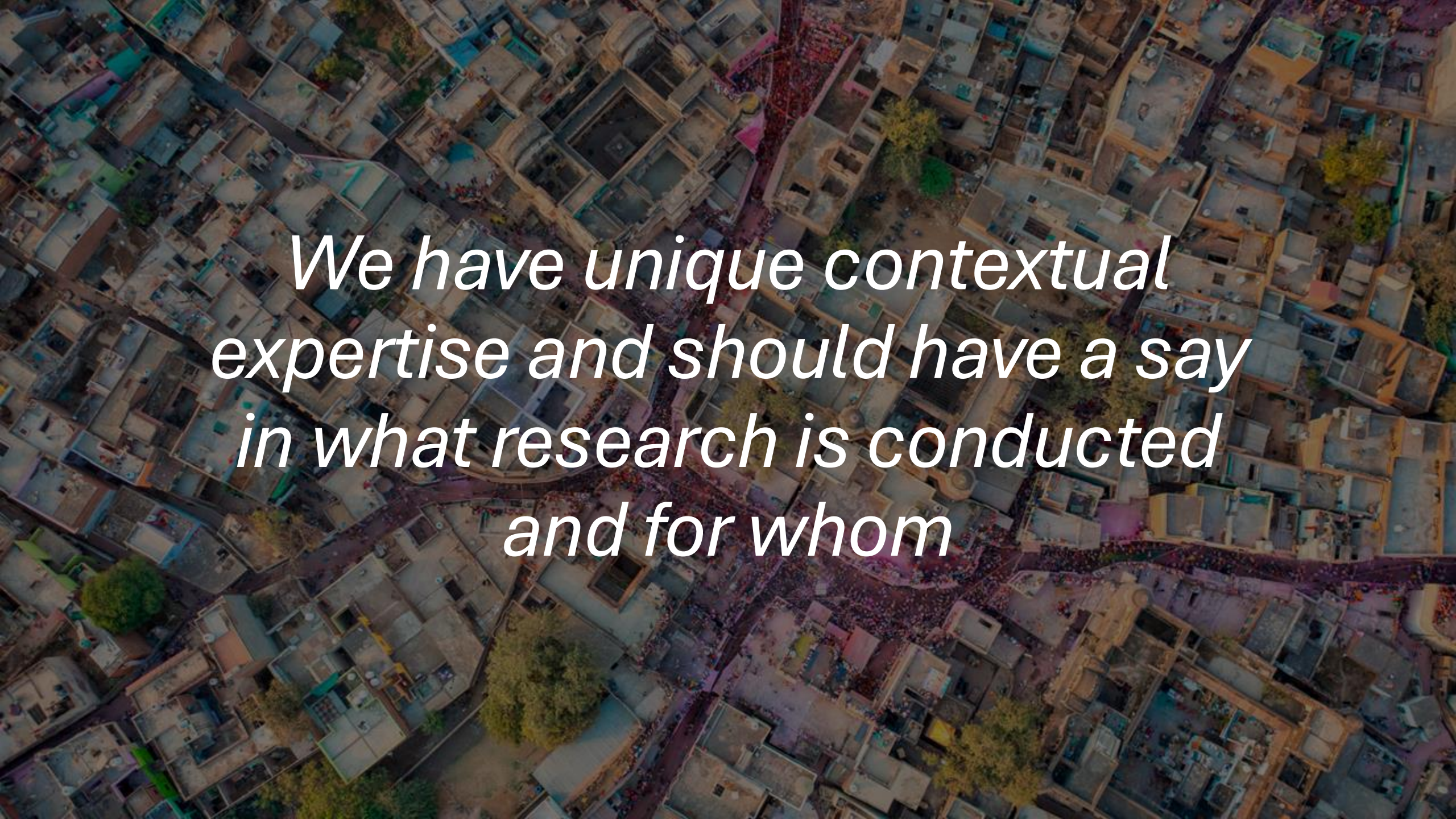


In whatever career you choose (e.g. working as a clinician requires “thinking like a scientist”)



For your personal development (e.g. to answer curious questions you have about the world)

*though 90% of the world's children live in LMICs, only 10% of the randomized controlled trials of mental health interventions for children have been conducted in those settings*

An aerial photograph of a densely packed urban neighborhood, likely a favela or informal settlement. The image shows a complex network of narrow, winding streets and numerous small, closely situated buildings. The architecture is varied, with some buildings featuring flat roofs and others with more complex structures. A large, dense crowd of people is gathered in a central street, creating a vibrant, colorful pattern of red and purple. The overall scene conveys a sense of community and shared space within a tightly packed environment.

*We have unique contextual  
expertise and should have a say  
in what research is conducted  
and for whom*

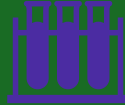


A bit more about this  
program

# The four sessions...



1 The value of research and designing a good research question



2 Designing good research



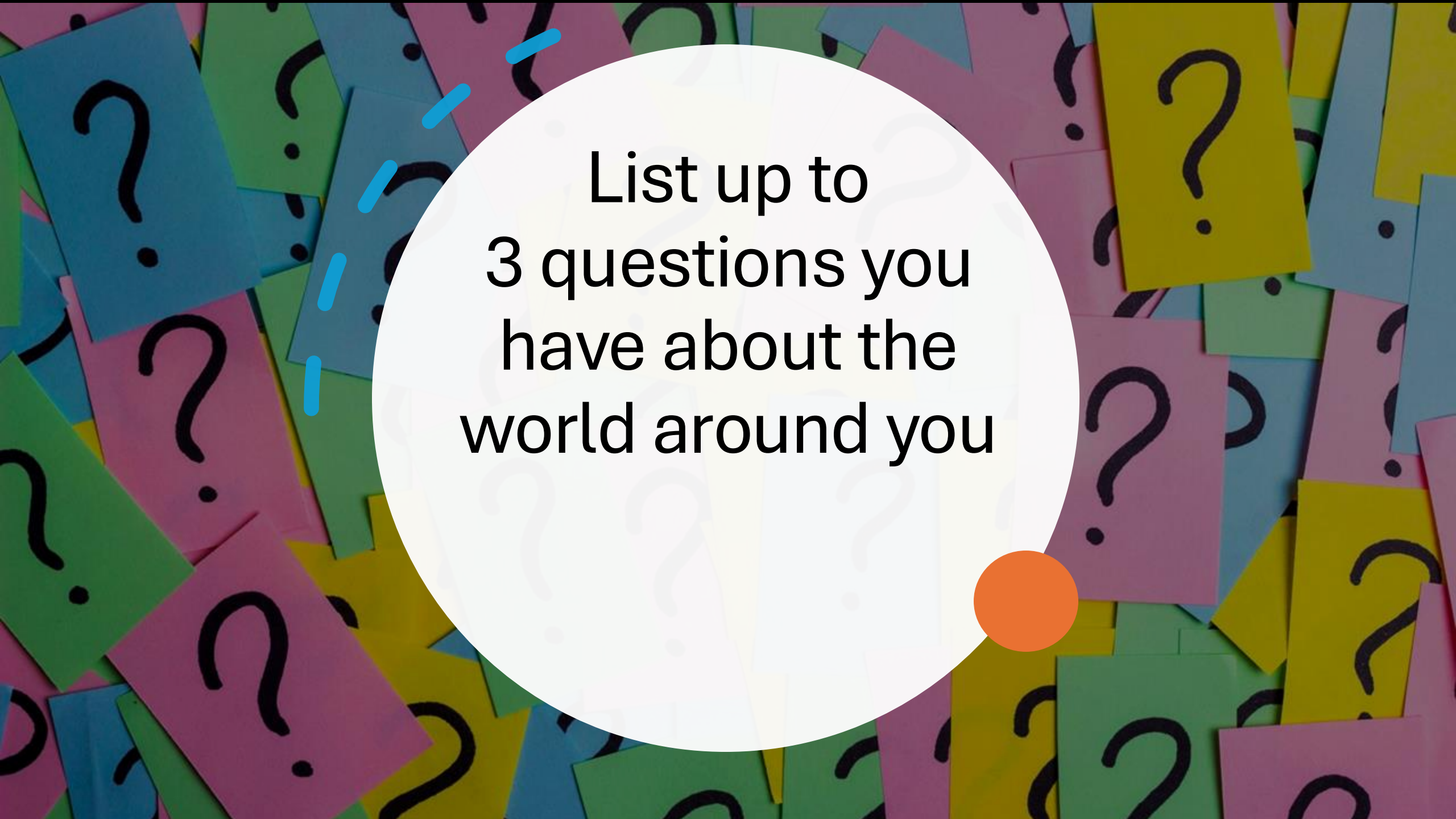
3 Maintaining good research standards



4 Navigating academic training



Developing your  
research interests and  
questions

The background is a collage of various colored rectangular paper scraps in shades of blue, green, purple, and yellow. Each scrap has a large, bold black question mark printed on it. The scraps are layered and slightly offset from each other, creating a sense of depth. In the center of the image is a large white circle. To the left of this circle, there are several short, parallel blue dashes. To the bottom right of the circle, there is a solid orange circle.

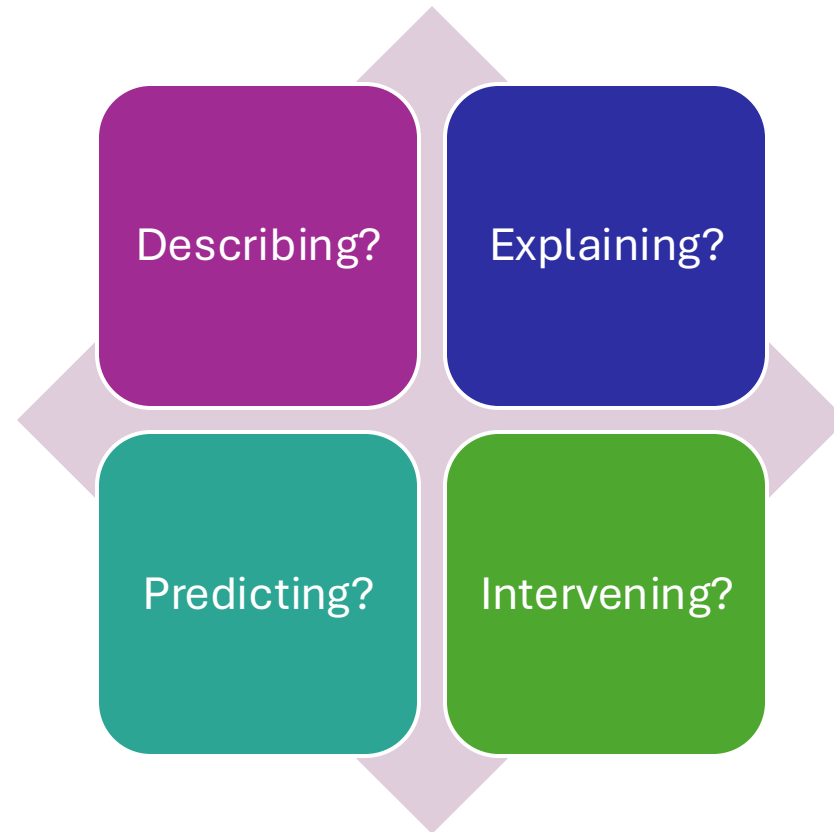
List up to  
3 questions you  
have about the  
world around you

# Is your question about...

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How many people  
experience depression?

Who is more likely to  
develop anxiety as a  
teenager?

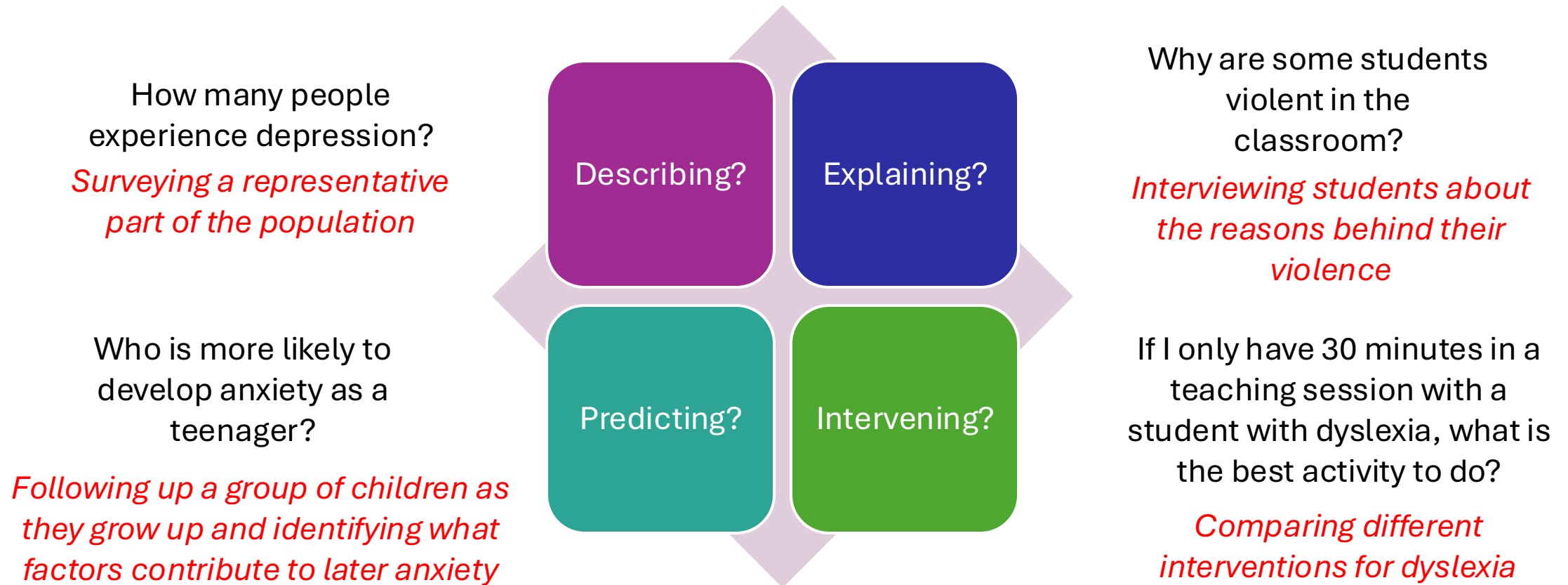


Why are some students  
violent in the  
classroom?

If I only have 30 minutes  
in a teaching session  
with a student with  
dyslexia, what is the  
best activity to do with  
them?

# Research design should match the research question

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Refining your research question: Pick one question

# Step 1: Define each concept in your question

- Why are some students violent in the classroom?
  - What do you mean by “violent”?
  - Which students?
  - Which classroom?
- Would you like to change the wording of your question to refine it?
  - *What causes some students in secondary schools to use physical violence towards peers during class and recess times?*

## Step 2: Think how you will measure each concept

- How might you measure “physical violence towards peers”?
- How might you measure “cause”?

*What **causes** some students in secondary schools to use **physical violence towards peers** during class and recess times?*

# Measurement: which method?

Brain scans

Structured interviews

Real-world outcomes e.g.  
salary data; employment data

Observation by independent observer

Questionnaires

Participant observation

Semi-structured interviews

Experimental measures

Using a app/smartwatch to get  
repeated measurements

# Next session

In the break, think about which research question you would like to use as you progress through this course

How easy/difficult to define its concepts

How easy/difficult to measure

How important it is to you/in terms of its applications



Narrow down to 1 question by next time



We will think about research design in the context of these questions you choose



Further  
questions/feedback