Welcome

Today’s plan

The value of research

A bit more about this program

Developing your research interests and questions

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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

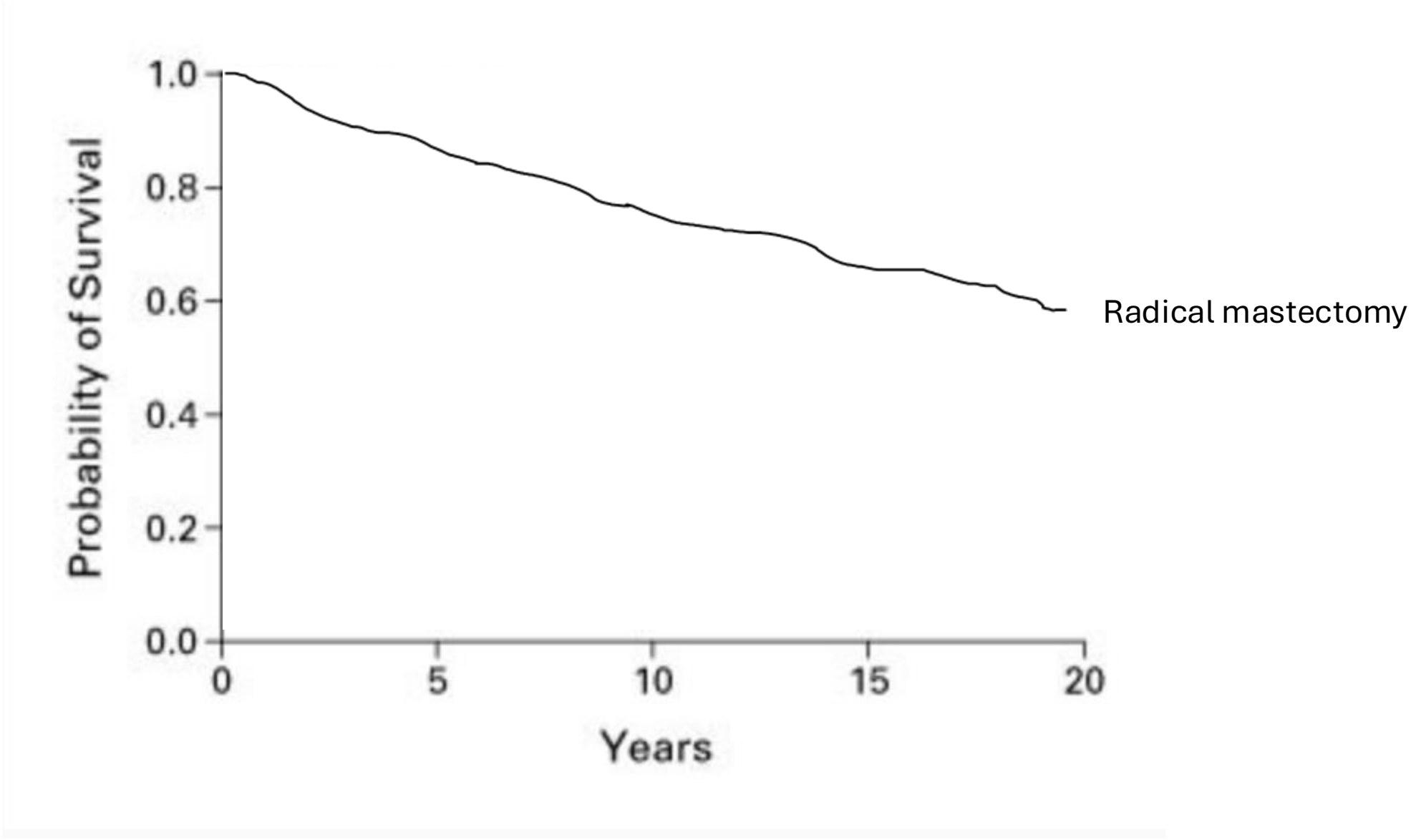
Tell us about you

(1) Name

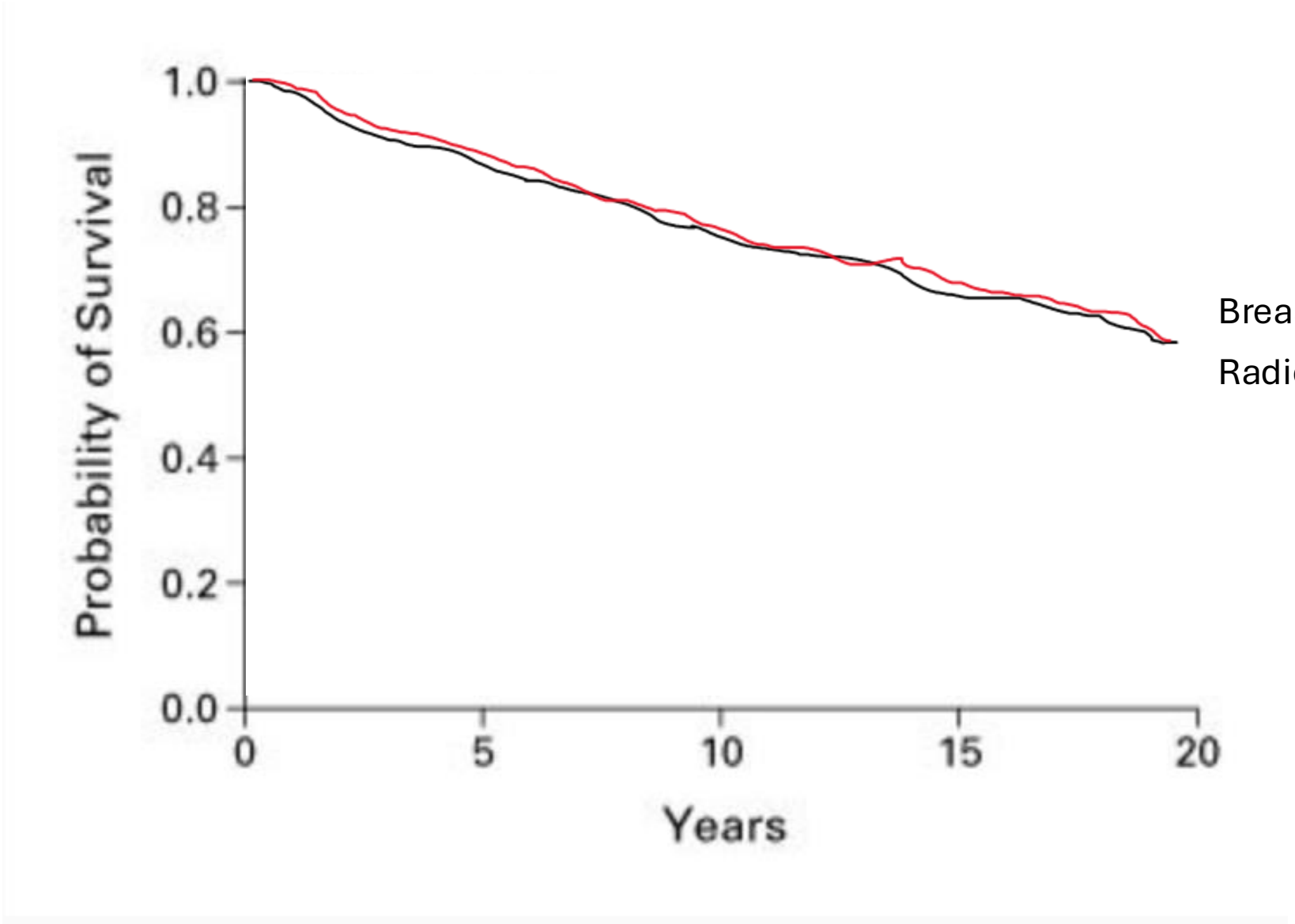
(2) Where you're joining from today (feel free to share your town, region, or country, whatever feels right to you)

(3) Tag another person

The value of research



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



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Attribution: Image from World Economic Forum

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

Saul Justin Newman

doi: https://doi.org/10.1101/704080

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…

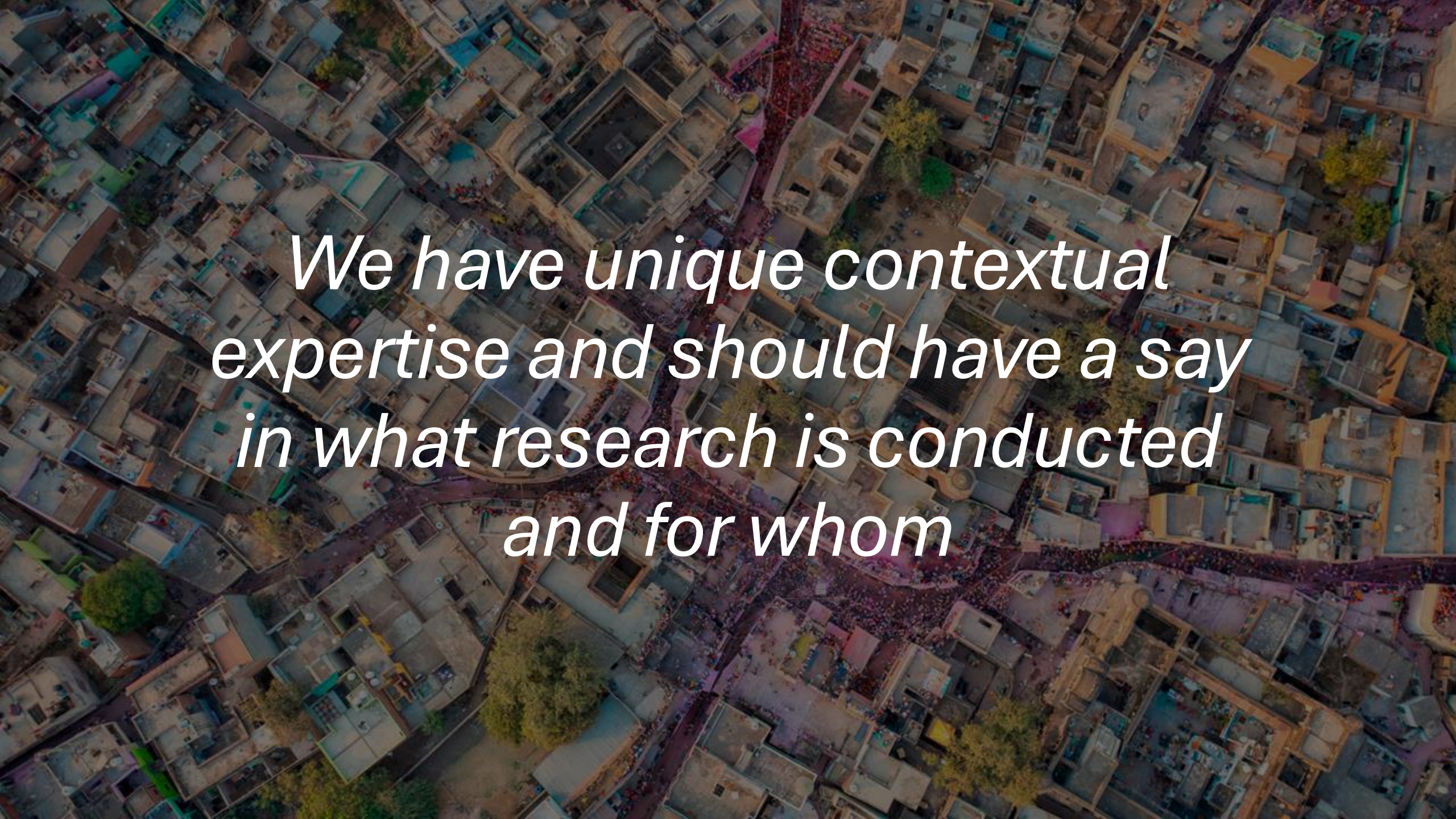
To make everyday life decisions (e.g. critically evaluating treatment options for an illness, choosing a health insurance policy)

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

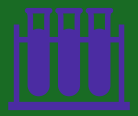
Kieling et al., 2011


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

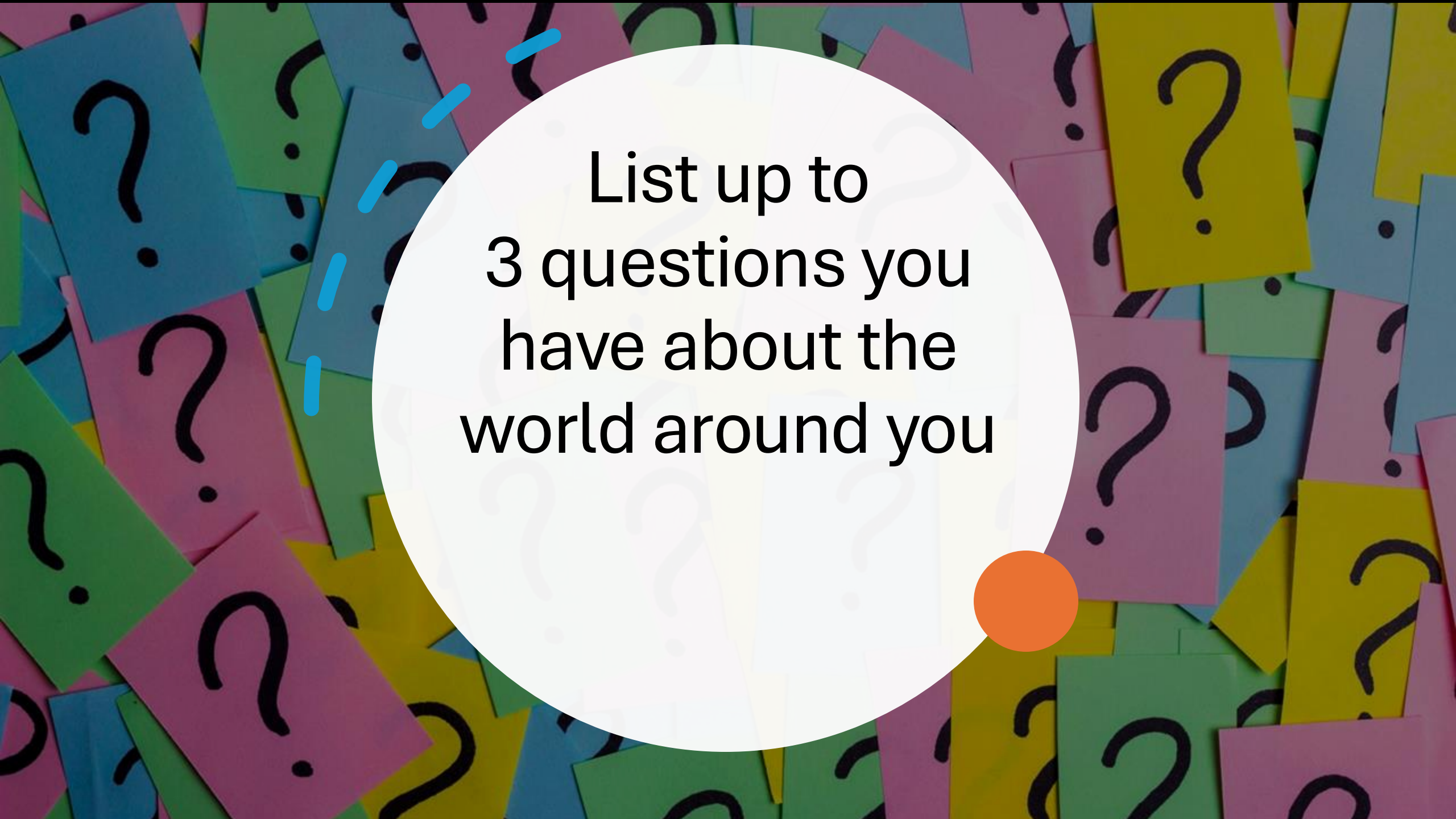


2 Designing good research

3 Maintaining good research standards

4 Navigating academic training

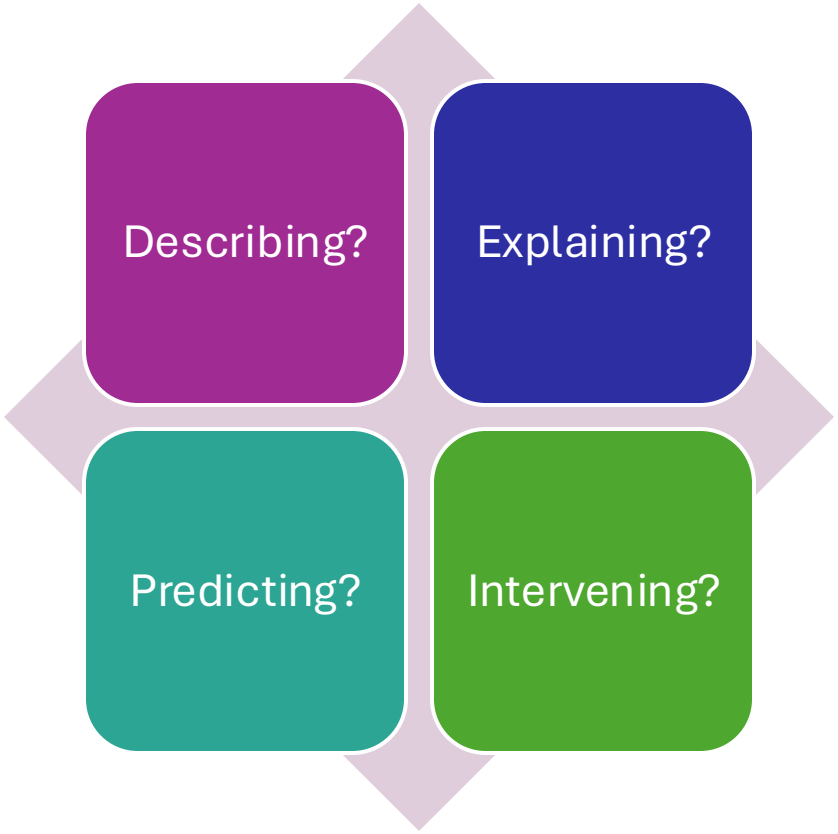
Developing your research interests and questions


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

Is your question about…

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?

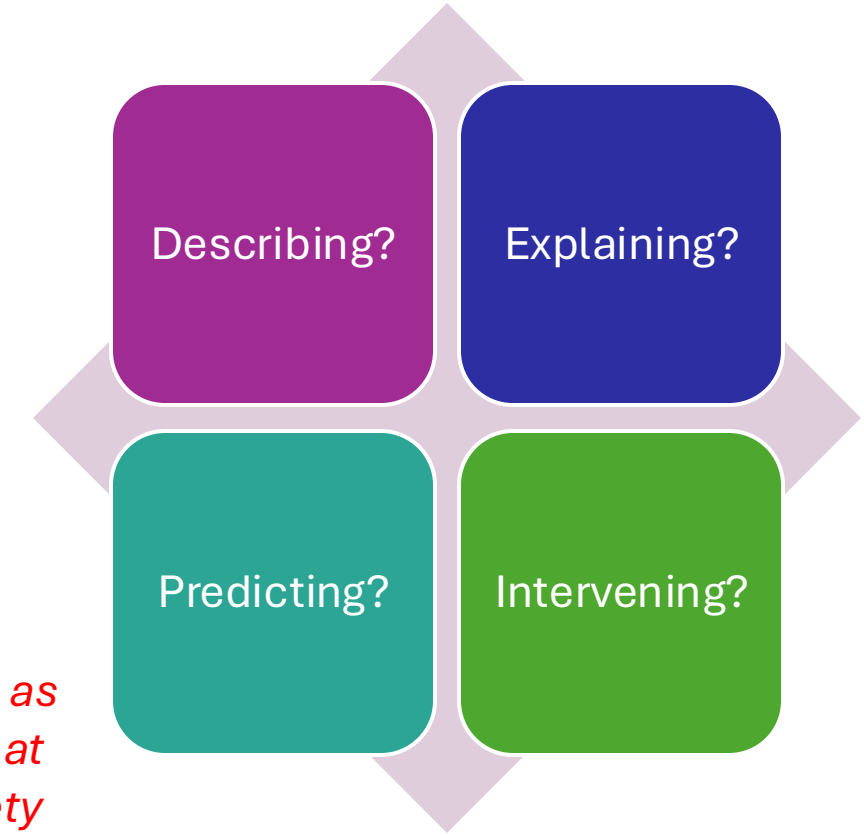
Research design should match the research question

How many people experience depression?

Surveying a representative part of the population

Who is more likely to develop anxiety as a teenager?

Following up a group of children as they grow up and identifying what factors contribute to later anxiety



Why are some students violent in the classroom?

Interviewing students about the reasons behind their violence

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

Comparing different interventions for dyslexia

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

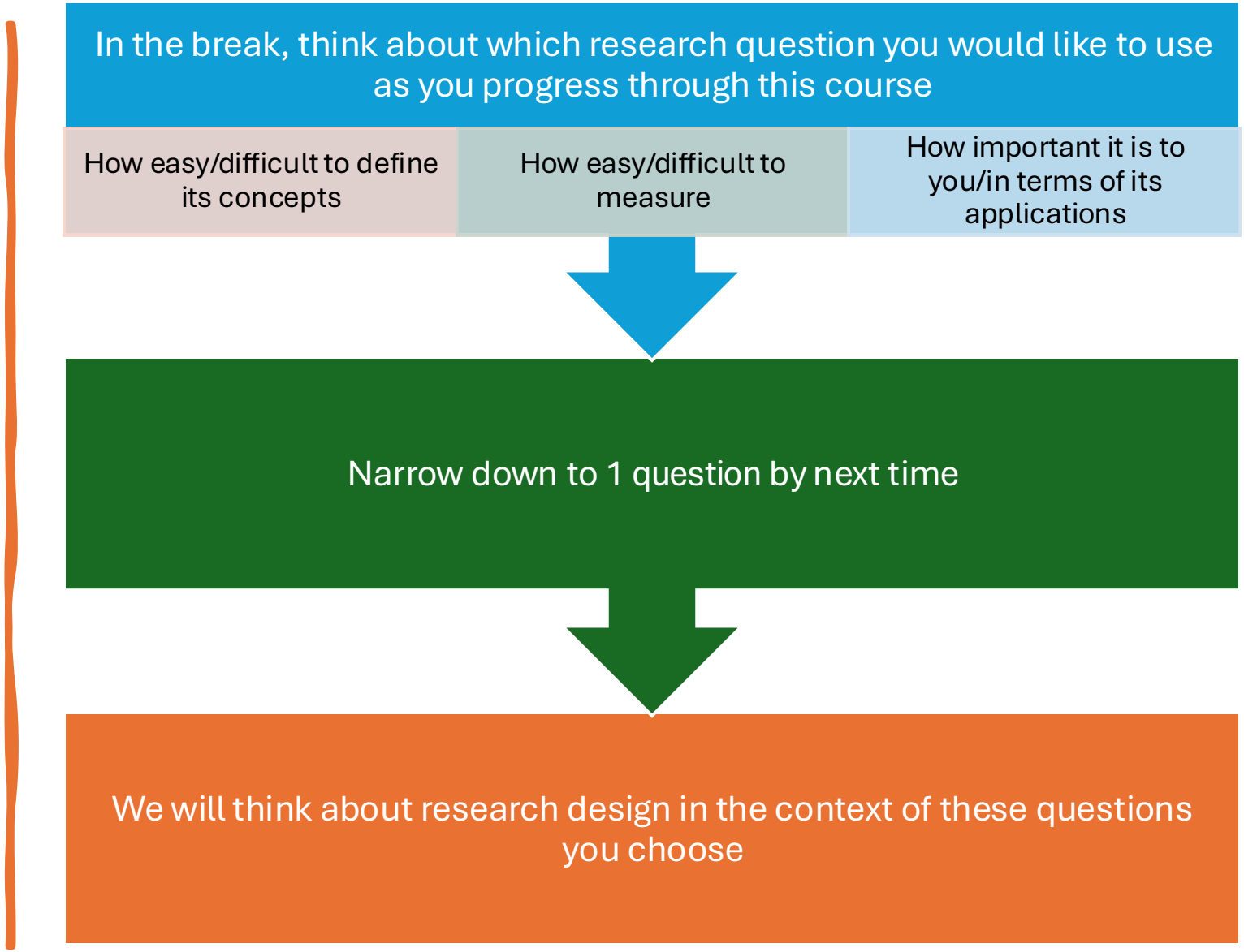
Participant observation

Semi-structured interviews

Using a app/smartwatch to get repeated measurements

Experimental measures

Next session



Further questions/feedback