

Ways of doing community mental health and drug and alcohol research



Kenneth Nolan Insider 1985

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Why do we do health research?

- Generate evidence to:
 - Fill a knowledge gap – develop a hypothesis
 - Solve a problem

How do we do health research?

Where do we start!

American Dad-Doing Research (so much freaking research)!!

https://www.youtube.com/watch?v=pzWCE_AfjRo

- Intriguing phenomena – so many things about this are strange!
- Read literature and documents
- Form our research question or hypothesis

Two approaches

- Qualitative studies: Who, What, Why, When, How (nature of a phenomenon)
- Quantitative: How much
(Magnitude: occurrence & association)

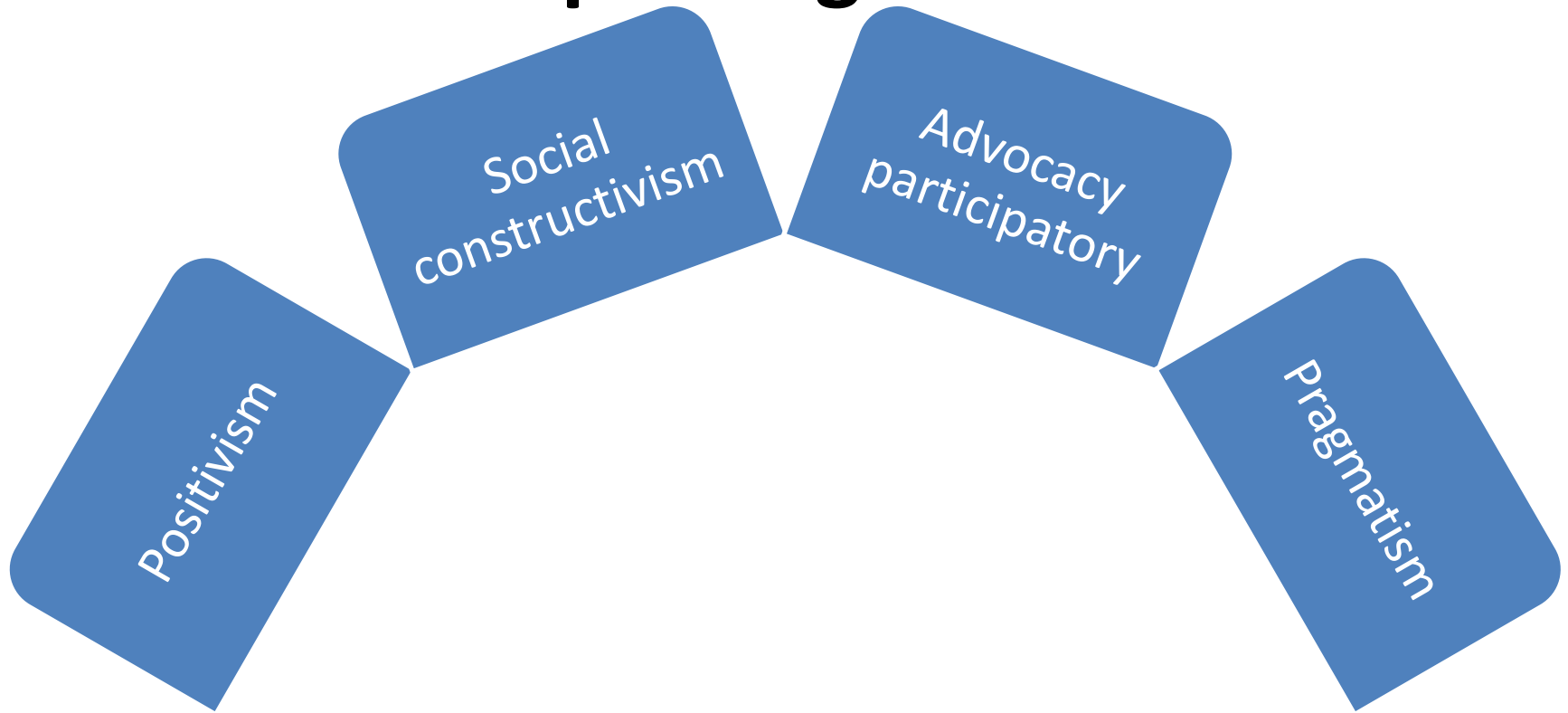


<http://www.youtube.com/watch?v=ddx9PshVWXI>

Some common contrasts between Qual & Quant

Quantitative	Qualitative
Numbers	Words
Point of view of researcher	Point of view of participants
Researcher distant	Researcher close
Theory testing	Theory emergent
Static	Process
Structured	Unstructured
Generalization	Contextual
Hard reliable data	Rich deep data
Macro	Micro
Behaviour	Meaning
Artificial setting	natural

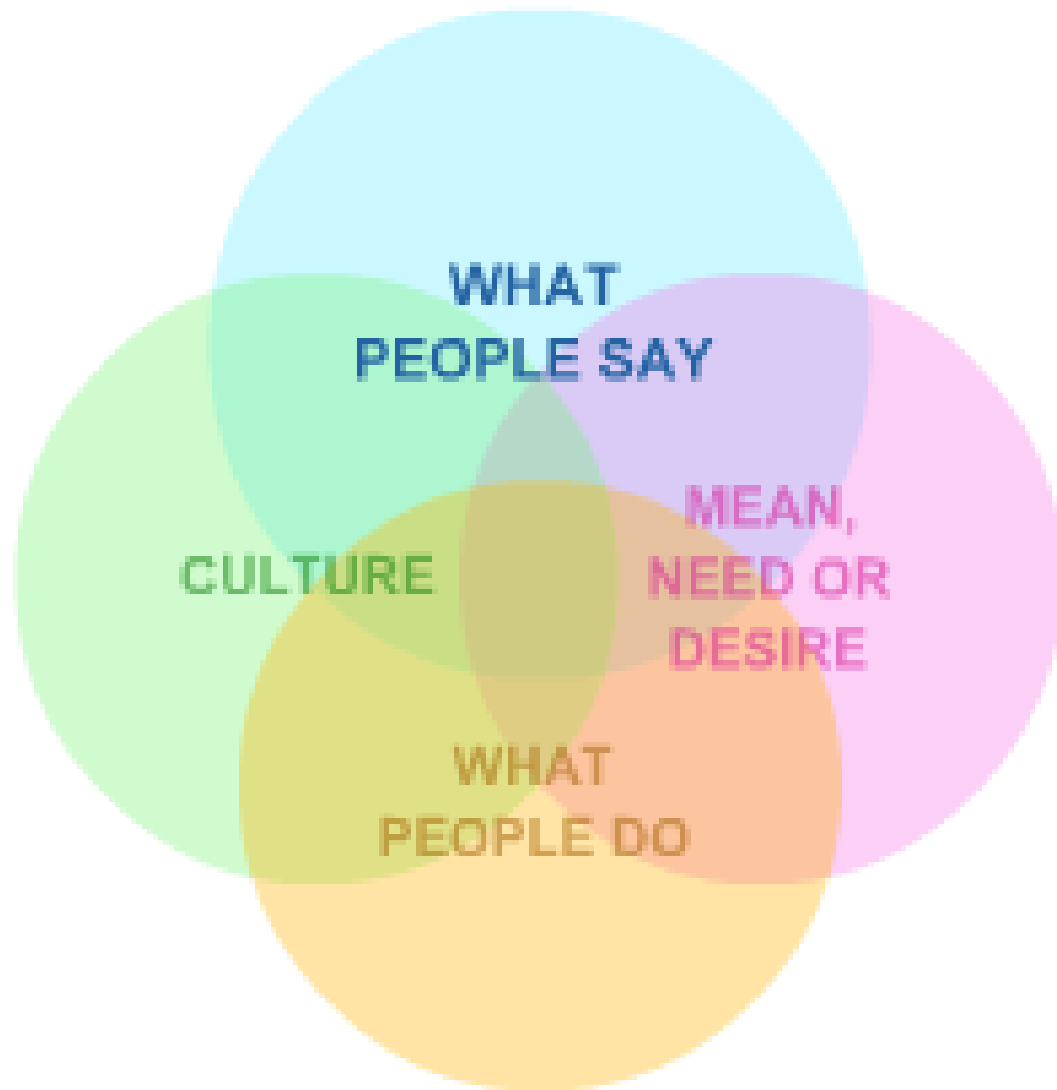
Four World Views or research paradigms



Creswell 2007

Qualitative research: Why questions?

- What are consumer's experiences of health care, accessing care and keeping healthy.
- Perceived needs of health care & services
- Understanding different perspectives, ie professionals and consumers.
- How experiences, attitudes and life circumstances affect health needs and behaviours.



Qualitative research methodology and methods and data gathering techniques

Methodology	Methods	Data gathering techniques
<ul style="list-style-type: none">• Descriptive qualitative• Ethnography• Phenomenology• Grounded theory• Discourse analysis• Feminist research• Action research	<ul style="list-style-type: none">• Thematic analysis• Content analysis• Case study• Concept mapping• Life histories• Conversational analysis• Narrative analysis• Semiotic analysis	<ul style="list-style-type: none">• Qualitative interview<ul style="list-style-type: none">-semi structured-in depth• Focus group discussions• Yarning• Observations<ul style="list-style-type: none">-Participant-Non participant• Document review

THE WAY I FEEL
IS HARD TO
QUANTIFY!

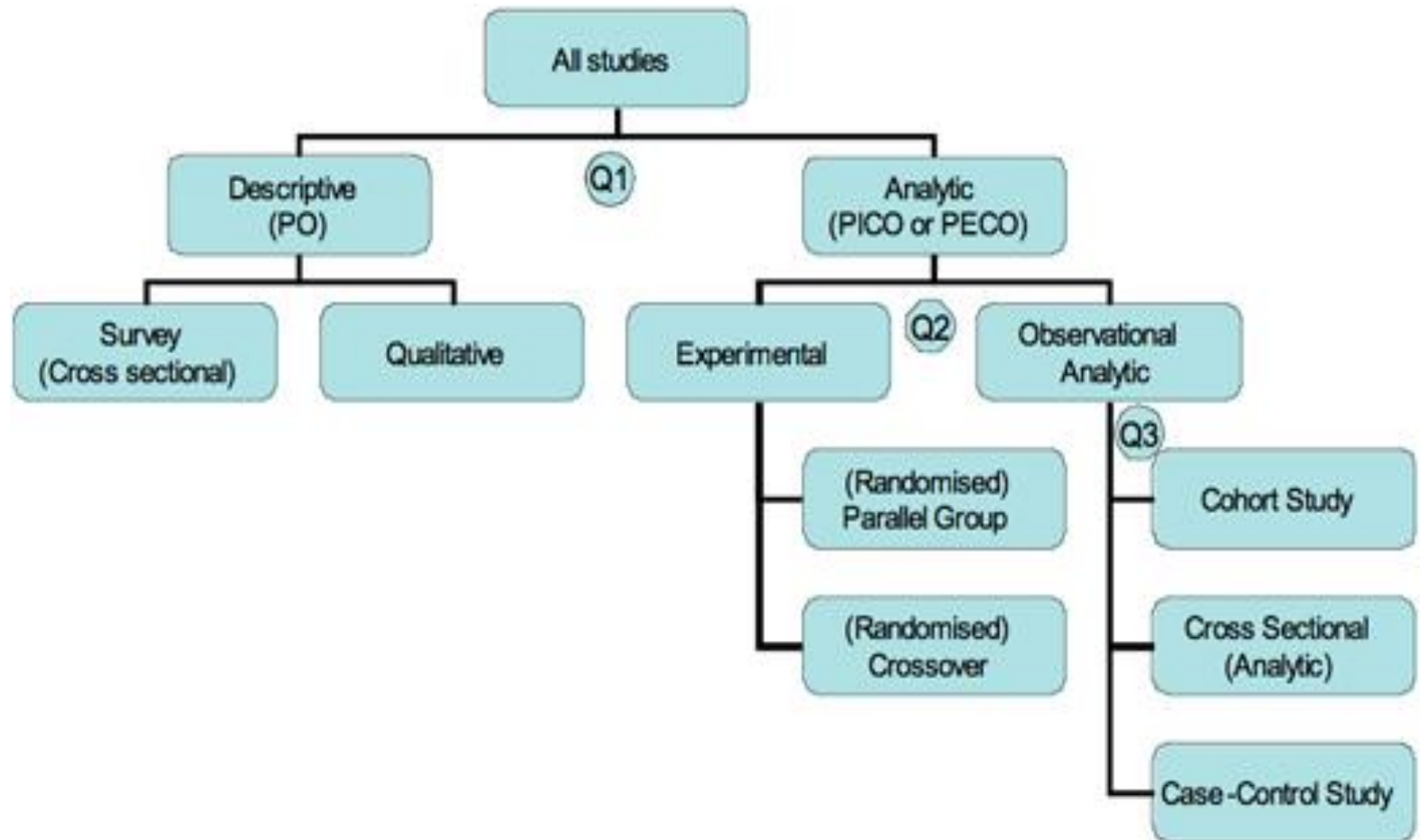
HOW HARD -
ON A SCALE
OF ONE TO
TEN?



Quantitative research: How much questions?

- What are the demographic characteristics of consumers who access this service?
- How do the severity of dependence scores compare for women at the start of the program, on exit and 3 months later?
- What is the relationship between client outcomes in the client-centered therapy and psychoanalytic therapy groups?

Quantitative research methodology and methods



Quantitative research methodology and methods and data gathering techniques

Methodology	Methods	Data gathering techniques
<ul style="list-style-type: none">• Descriptive• Analytic-Experimental-Observation	<ul style="list-style-type: none">• Sampling• Measurement and scaling• randomization• Descriptive statistics• Inferential statistics	<ul style="list-style-type: none">• Survey• Observation• Measurement tools

Mixed Methods

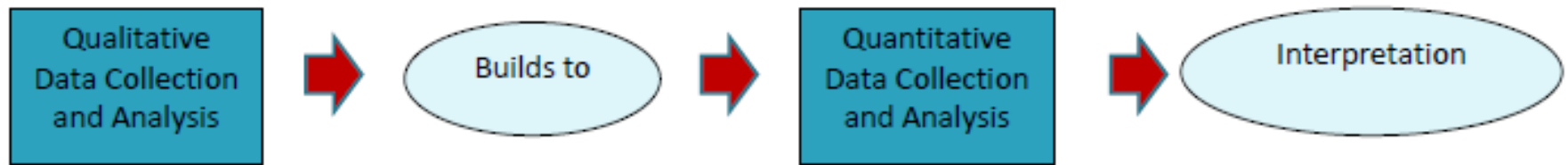


“We must let no method stand in the way of inquiry” (Peirce 1966)

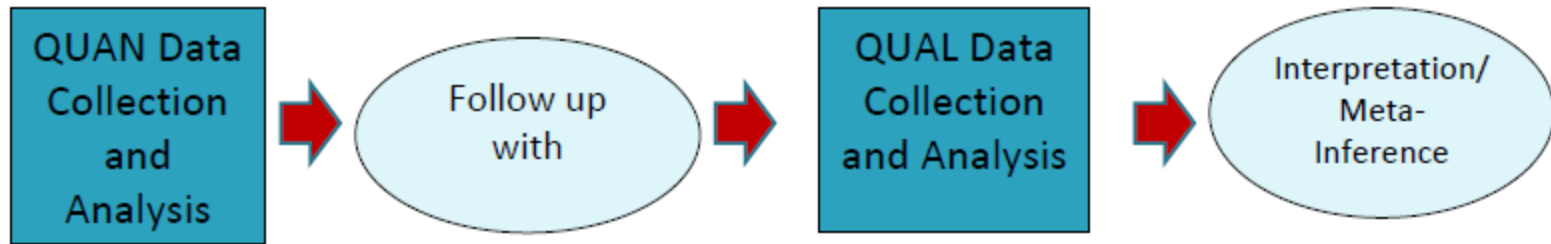
Research Questions that Call for Mixed Methods

- Exploring the meaning of a construct or phenomenon from more than one perspective
- Explanation of anomalous findings or getting behind the mechanism of action of an effect
- Theory development followed by testing/extension
- Augmenting evaluation studies with better understanding of intervention implementation

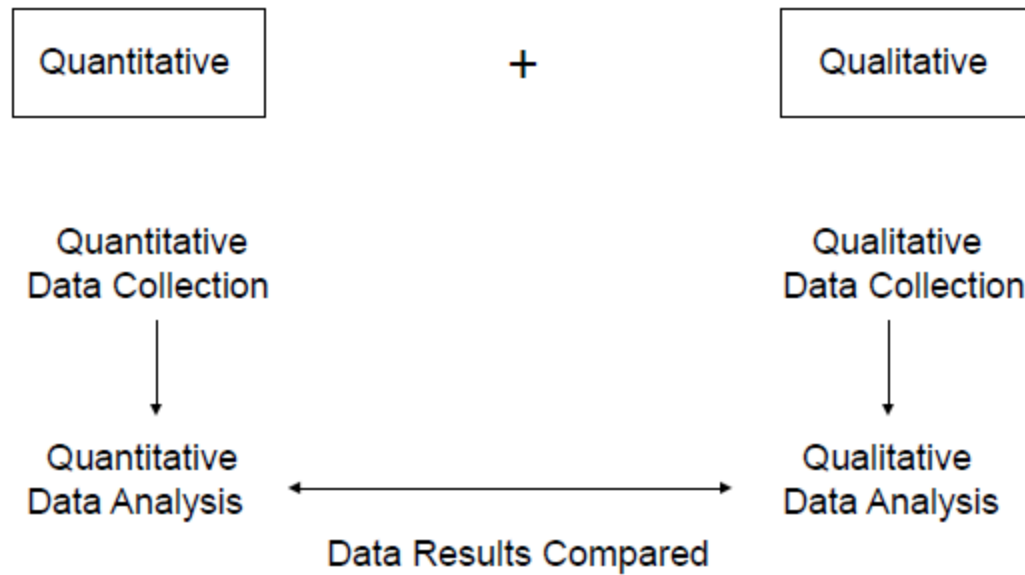
Exploratory Design



Explanatory Design



Triangulation Strategy in MM



	Pure qualitative		Mixed		Pure quantitative
Interviews/ focus groups	<p>Informal conversational interviews Unstructured, exploratory, in-depth interviews, open-ended questions</p>	<p>Interview guide approach Topic areas pre-specified on an interview guide but the researcher may vary the wording or order of questions depending on the participant</p>	<p>Standardised open-ended approach Open-ended, pre-specified questions, neither the wording or order of questions is changed by the interviewer</p>	<p>Scripted interviews Fully structured interaction with identical questions for all participants, closed-ended questions</p>	
Questionnaires	<p>Open survey All survey questions are exploratory, in-depth and open-ended</p>	<p>Mixed survey A combination of closed-ended and open-ended questions</p>		<p>Structured survey Highly structured survey form with all closed-ended questions</p>	
Tests	<p>Open instrument All items require some degree of judgement by the rater. Definitions of these items are fairly broad</p>	<p>Mixed instrument A combination of items some of which require some judgement by the rater</p>		<p>Structured instrument Highly structured test with all closed-ended items. The definitions of the responses for each item are rigid</p>	
Observations	<p>Informal observations Unstructured, exploratory, in-depth observations, open-ended questions</p>	<p>Guided observation Topic areas pre-specified on an observation guide but the researcher may vary the interaction in response to the participant</p>	<p>Standardised observation Pre-specified observation framework applied consistently by the observer</p>	<p>Structured observation Fully structured interaction with specific data collected using a pre-determined set of data items. All data items are defined prior to the observation</p>	
Secondary data	<p>Informal data collection Unstructured, exploratory, in-depth observations of secondary sources. Open-ended questions may be used to direct data collection</p>	<p>Guided data collection Topic areas pre-specified on a data collection tool but the researcher may vary the data collected in response to the source data that emerges</p>	<p>Standardised data collection Pre-specified tool for data collection which is applied consistently by the data collector</p>	<p>Structured data collection Fully structured data collection with specific data collected using a pre-determined set of data items. All data items are clearly defined prior to commencing data collection</p>	

Design a study activity

- Read your research question
- What approach would be best to answer this question?
- Qualitative, quantitative or mixed methods-why?
- How would you best design this study?
- What data might you need to collect to answer the question and how should this be analysed?
- What are some key considerations and how might this affect the choice of method and data gathering techniques?

- What are the experiences of rural mental health professionals who care for clients diagnosed with a mental illness and a coexisting alcohol and other drug disorder (dual diagnosis)
- Deans, C., & Soar, R. (2005). Caring for clients with dual diagnosis in rural communities in Australia: the experience of mental health professionals. *Journal of psychiatric and mental health nursing*, 12(3), 268-274.

- What is the relationship among neighbourhood stressors, stress-buffering mechanisms, and likelihood of alcohol, drug, and mental health (ADM) disorders in adults?
- Stockdale, S. E., Wells, K. B., Tang, L., Belin, T. R., Zhang, L., & Sherbourne, C. D. (2007). The importance of social context: neighborhood stressors, stress-buffering mechanisms, and alcohol, drug, and mental health disorders. *Social Science & Medicine*, 65(9), 1867-1881.

- identify cultural values and understandings important in the care and treatment of Samoan people with mental health problems
- Tamasese, K., Peteru, C., Waldegrave, C., & Bush, A. (2005). Ole Taea Afua, the new morning: a qualitative investigation into Samoan perspectives on mental health and culturally appropriate services. *Australian and New Zealand Journal of Psychiatry*, 39(4), 300-309.

- What are the outcomes of the first 3 months of operation of an Australian mental health peer support service providing hospital avoidance and early discharge support to consumers of adult mental health services.

Lawn, S., Smith, A., & Hunter, K. (2008). Mental health peer support for hospital avoidance and early discharge: An Australian example of consumer driven and operated service. *Journal of Mental Health, 17*(5), 498-508.

- What is the role of perceived stigma and attitudes to seeking care in predicting help-seeking from a general practitioner (GP) for mental health problems.
- Wrigley, S., Jackson, H., Judd, F., & Komiti, A. (2005). Role of stigma and attitudes toward help-seeking from a general practitioner for mental health problems in a rural town. *Australian and New Zealand Journal of Psychiatry*, 39(6), 514-521.

Thank you

