READI Module 3 Workbook:

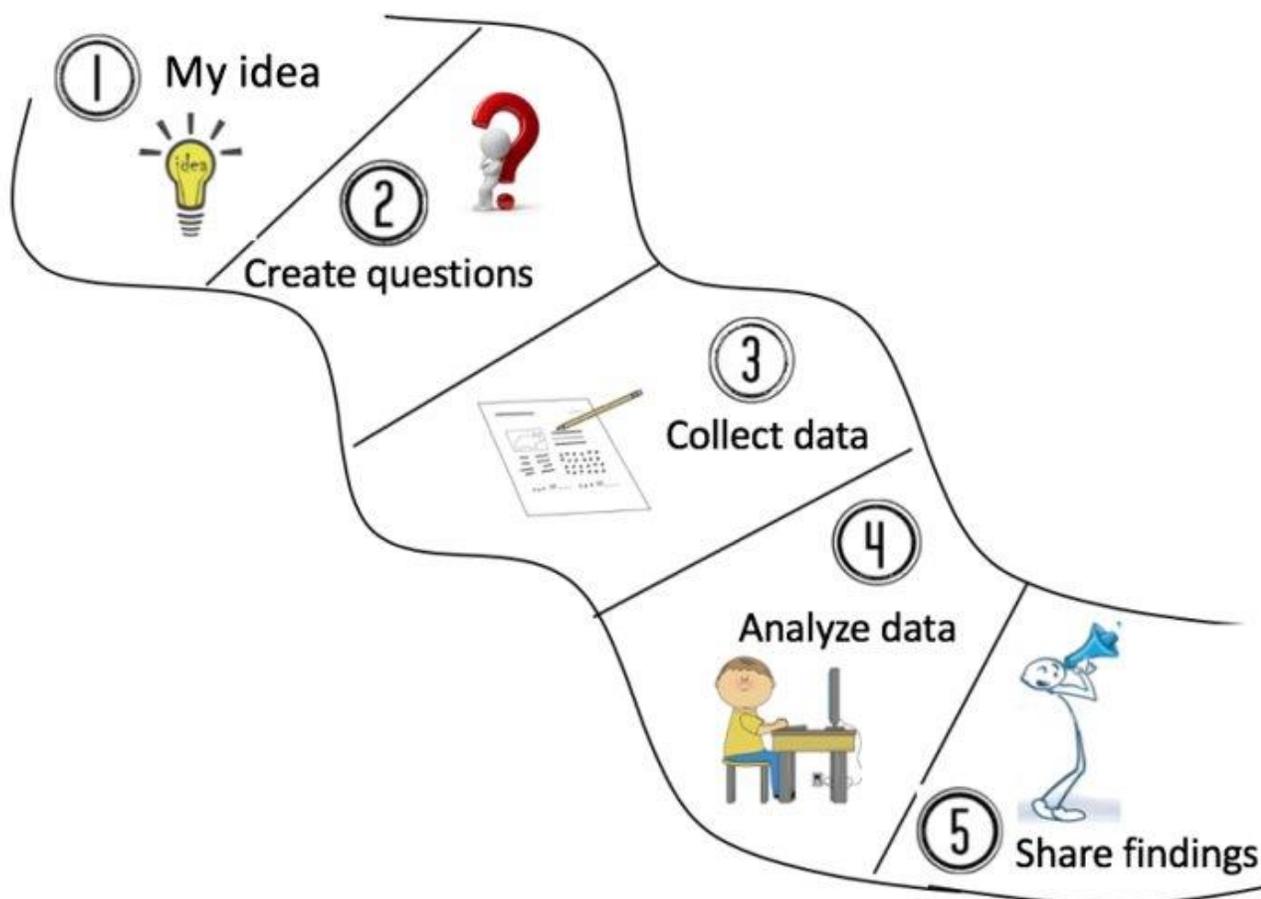**What is the health research process?**

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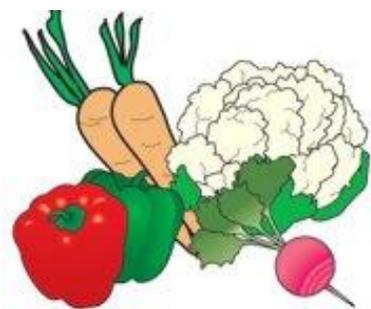
5 Steps of the research process

In this module, we will go through the five (5) steps of the research process. The research process is a journey and we will discuss each step more in depth. You can see the multi-step journey below. Let's get to researching!
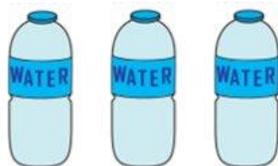
Step 1: My idea

The first step in the research process is having an idea about what you want to research or learn more about. The pictures below show some healthy topics that we have researched before.

Healthy diet

Drinking water

Healthy sleeping patterns

Illnesses

Exercising

Use the box below to write or draw something you want to learn more about. **What do you want to learn about?**

Step 2: Create a question

The next step in the research process is creating your research question. Your research question will have four (4) parts: the people, the activity, the comparison (which is optional), and the outcome or end result. Use the boxes below to brainstorm the different parts of your research question.

People

Activity/Topic

vs Compare

End Result

Now that you have each part of the research question, let's put it all together into one question.

What is your research question?

Step 3: Collect data or information

The next step in the research process is to collect data or information about your research question. Data can look different depending on the type of data and where it comes from. Some examples of data include:

Online Information

Health Stories

Numbers

Survey

Someone's speech

Calling to ask questions

Interviewing someone

Stop and check!

Stop here and check your knowledge on everything we have covered so far in this module.

Which of the following are types of data you might collect?

☐ Interviewing someone

☐ Numbers

☐ Survey

☐ Health Stories

☐ All of the above

Step 4: Analyze data

The next step looks at how we analyze the data we found in step 3. To analyze data means to look at it and understand what the information means.

One way to analyze data is to compare the information found. In the following example, **which one is better for your health?** Mark an 'X' in the box of the example that is better for your health.

Drinking **MORE** than 5 bottles of water?

Drinking **LESS** than 5 bottles of water?

After you choose your answer, see which example we thought was better for your health.

Another way to analyze data is through reading Health Stories. After listening or reading the health story examples, think about what you saw. Use the boxes on the next page to write or draw what is the same and what is different in these three (3) examples.

Participant 1:

"I want my doctor to know to talk to both me AND my staff during appointments"

Participant 2:

"I believe that all dentists need to accept patients like me and patients with all types of insurance. I also believe that they should talk to patients directly, not just my caregivers."
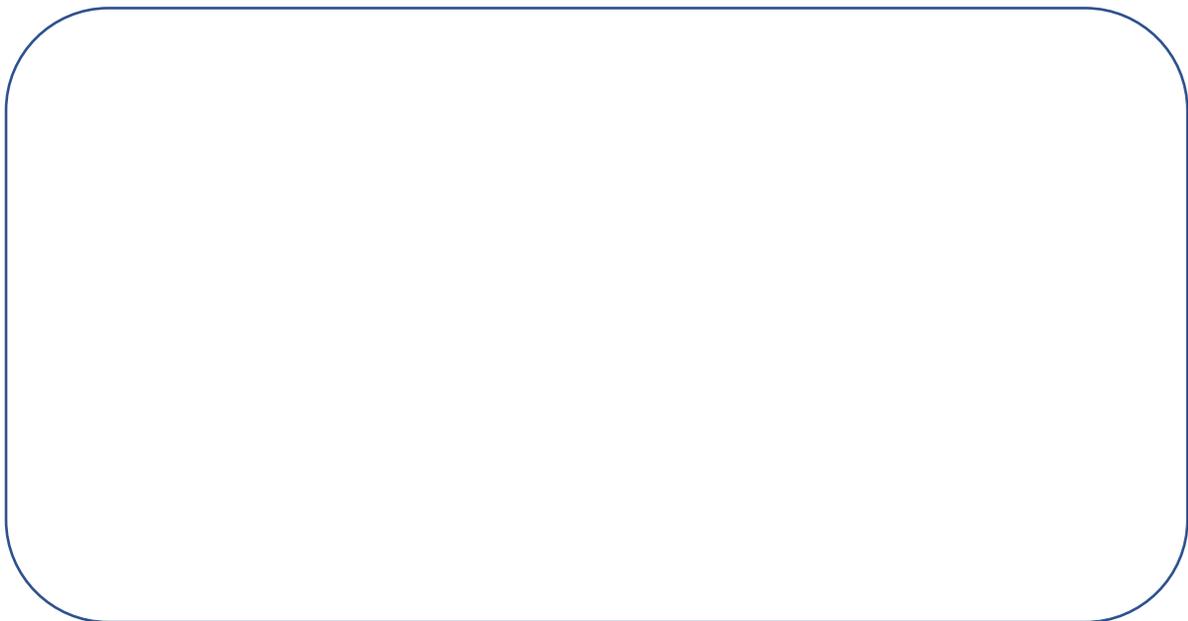
Participant 3:

"Having supportive friends, family, teachers, and caregivers aid in my understanding of my emotions and helps me decrease my anxiety. They always talk to me and help me manage my anxiety."

What is the same in the three (3) Health Story examples?

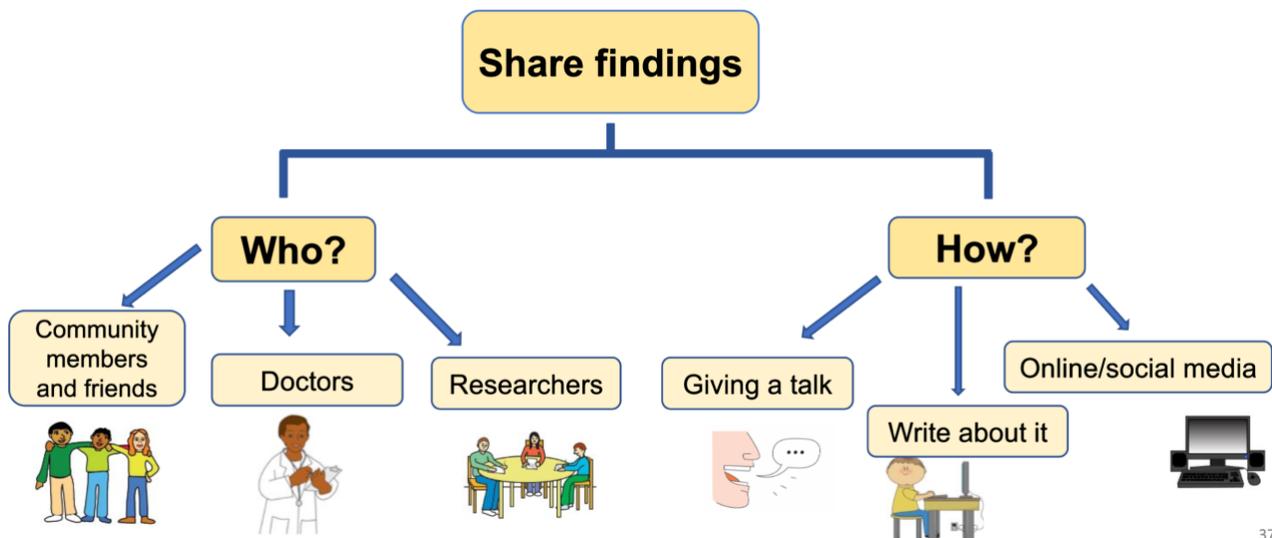**What is different in the three (3) Health Story examples?**

Step 5: Share findings

The final step in the health research process is to share what you found in your research. Use the box below to write or draw and brainstorm why it is important to share your research findings.

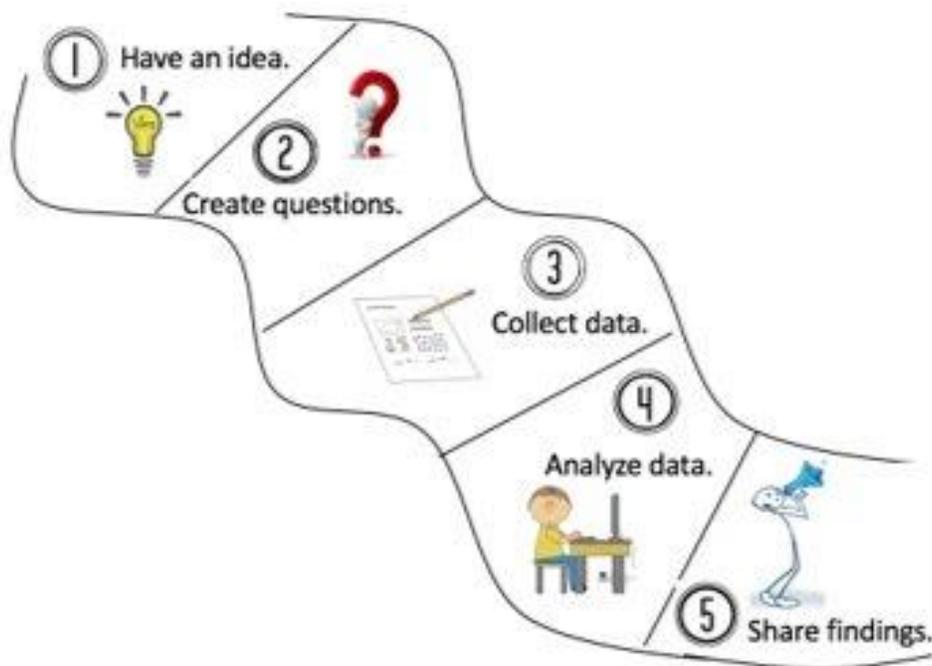**Why is it important to share these findings?**

There are lots of different ways that you can share what you found. The picture below shows not only how you can share your research findings but with whom!
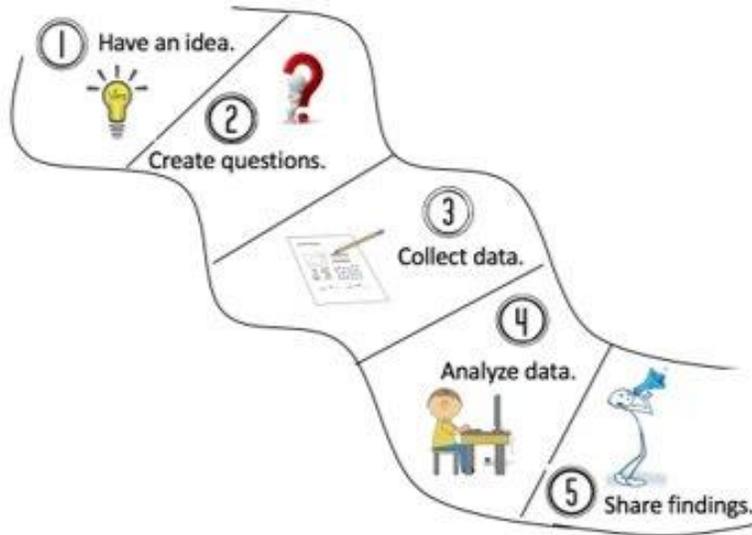

Sharing your research findings with other people is the final step in the research process.
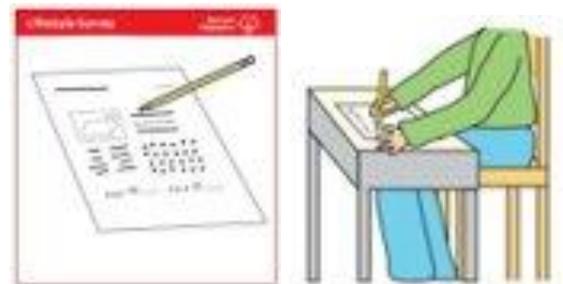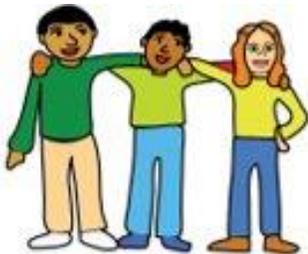Let's review all of the steps!
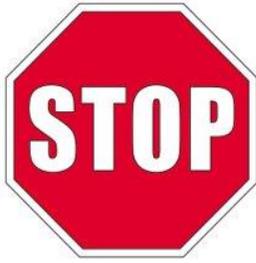
Why learn the research process?

There are lots of reasons why it is important and helpful to know the research process. **Two (2) reasons why it is helpful to know the research process are:**

| To be **part of research team** | To **participate in research** |

Stop and check!

Stop here and check your knowledge on everything we have covered so far in this module.

Who can you share your research findings with?
There are three (3) correct answers

☐   Interviewing someone

☐   My pet

☐   People online or on social media

☐   Community members

Activity: Your research question

1 Research idea:

2 Research question:

3 Key words:

3 Collect data:

4 Analyze data:

5 Share findings:

Time for review

Let's take a minute to review everything we have covered so far in this module.

Which of the following are types of data you might collect?

☐ Interviewing someone

☐ Numbers

☐ Survey

☐ Health Stories

☐ All of the above

Who can you share your research findings with?
There are three (3) correct answers

☐ Interviewing someone

☐ My pet

☐ People online or on social media

☐ Community members

Place the five (5) steps of the research process in order from 1-5.
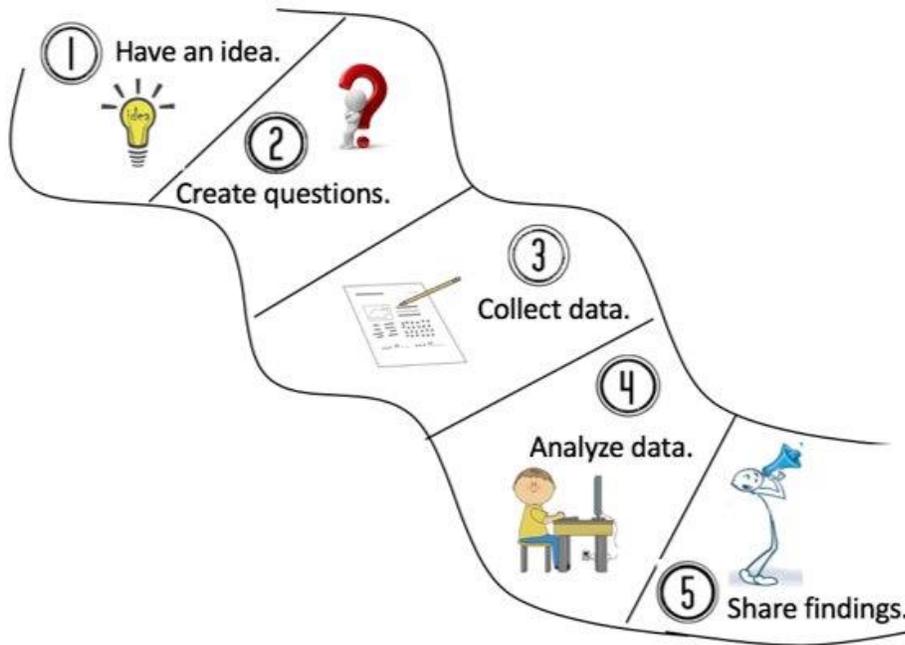
_____ Create questions

_____ Share findings

_____ My idea

_____ Analyze data

_____ Collect data

Module 3: Take home points

There are many different **types of data** you might collect such as:

- Interviewing someone
- Numbers
- Survey
- Health Stories

After you find your answers to your question you can share your findings with:
- Doctors and researchers
- People online or on social media
- Community members

EVERYONE can benefit from your findings!

Module 3: COMPLETE

I WANT TO SHARE MY IDEAS

CONGRATULATIONS!

Thank you for participating in Module 3, and happy researching!