

Research Newsletter

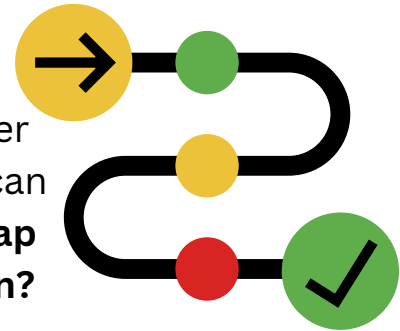
Eastern Health Mental Health and Wellbeing Program

Where do I start???

One of the issues that came out of the research survey was an uncertainty about how to get involved...

Working in mental health often sparks questions about consumer care. These questions, born from your real-world experiences, can be the seeds of valuable research. **But how do you bridge the gap between a curious inquiry and a well-defined research question?**

Here's a roadmap to help you transform your healthcare hunch into a research powerhouse.



1 Identify the specific issue you're curious about.

Is it a particular treatment's effectiveness for a specific patient population? Maybe it's the impact of a new policy on consumer satisfaction. Clearly define the problem you want to investigate.

2 Delve deeper.

What aspects of the issue intrigue you the most? Are you curious about the "why" behind an observation? Perhaps you suspect a correlation between two factors affecting consumer outcomes. Refine your initial question to pinpoint the specific aspect you want to explore through research.

3 Consider feasibility.

Is the data you need readily available or easily collected? Are there ethical considerations or privacy concerns that might limit your research design?

Ensure your question is answerable within a realistic time frame and with resources at your disposal.

By following these steps, you can transform your healthcare curiosity into a focused research question. This question can then guide you in designing a study, collecting data, and ultimately contributing valuable knowledge to improve clinical practices. So next time you encounter a healthcare puzzle, remember: the path to impactful research might just start with **you**.



We would love to see you make a start and work out how we can support you! Please ring 8396 3504 and ask to speak with one of the research team to discuss all ideas- **BIG & small**.

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Congratulations to:



Helen Mildred for her article
Wheeler, J., Mildred, H., Broadbear, J., Mellor, D., & Rao, S. (2024).
Assessment of suicide risk in people with borderline personality disorder: a qualitative analysis of risk protocols. Australian Psychologist, 1–6. <https://doi.org/10.1080/00050067.2024.2326485>

Hilarie Kohn for her article:

Fortune, T., Ennals, P., D’Cruz, K., McKinstry, C., & Kohn, H. (2024).
Care, kindness and collegiality in occupational therapy practice and academic life. Higher Education Research & Development, 1–15. <https://doi.org/10.1080/07294360.2024.2325153>



Qualitative vs Quantitative Research:
Tell a Story or Use a Graph?

Source: <https://www.causeweb.org/cause/resources/fun/cartoons/different-approaches>

DON'T FORGET

Allied Health: Stepping Into research program

This program introduces allied health clinicians to the process of conducting and writing up a systematic review of the literature. No previous research experience is required.

For more details and to obtain an application form, please visit the Allied Health Clinical Research Office Intranet Page or contact

Annie Lewis (9091 8874)

Applications close Friday 31st May

Got a research newsletter idea?

Had a paper published recently?

Please contact Bronwyn Sanders

via email or phone 0408291580 to

discuss