APA Recovery to Practice Curriculum

15. Scientific Foundations
Scientific Foundations

Research Designs for Recovery Oriented Mental Health Services

- Quantitative Studies:
  - Experimental designs
  - Quasi-experimental designs
  - Non-experimental quantitative designs

- Qualitative Studies

All of the above have limitations!

What is the solution?

- Mixed methods designs:
  - Solves many of the problems inherent in single approaches
Scientific Foundations

Guidance from the NIH Office of Behavioral and Social Sciences Research defines Mixed Methods Designs as:

“...a research approach or methodology:

- focusing on research questions that call for real-life contextual understandings, multi-level perspectives, and cultural influences;
- employing rigorous quantitative research assessing magnitude and frequency of constructs and rigorous qualitative research exploring the meaning and understanding of constructs;
- utilizing multiple methods (e.g., intervention trials and in-depth interviews);
- intentionally integrating or combining these methods to draw on the strengths of each; and
- framing the investigation within philosophical and theoretical positions.”

Creswell, Klassen, Plano Clark & Smith, 2011
Research Methods: Mixed Methods Designs

- Traditional research methods (quantitative & qualitative) have advantages and challenges; neither captures effects of community interventions well

- True mixed method research combines quantitative and qualitative data collection and analysis in the same study – *not in sequential processes, but as part of one overall research design*

- This method broadens the questions that can be asked and answered, and offers the possibility to do so *all within the same study*

- Possible to answer both exploratory & confirmatory questions in the *same study*. Permits verification & generation of theory in the same study
Citation for this Module:


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Citation for the full Curriculum:


mjansen@bayviewbehavioral.org or jansenm@shaw.ca

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