



HEALTH RESEARCH AND STUDIES

Introduction to Health Research and Studies

It is an established fact that research is deemed highly valuable. It is a tool that serves to inform public health professionals of the issues that are of importance to the advancement of the public health field. Such issues may include updates on disease trends and risk factors, patterns of healthcare service delivery, outcomes of public health interventions, functional abilities of the health system or selected health service delivery points. Research may also shed light on issues pertaining to health care costs and use, supply, and demand as well as side issues in the provision of health services, amongst other matters. More specifically, research findings may serve to influence public health policy at various levels from the local, to the subnational, to the national and international levels. Hence, it is important for public health practitioners to have knowledge of the basic principles of research as this will make them well versed in the skills, they need to apply research principles to public health practice.

The execution of medical and health research in the region may be considered deficient when compared to research projects implemented in other regions. This finding may be attributed to the fact that some health professionals do not have the knowledge they need to conduct research. While teaching methods of research in some schools not being on par with international standards, students may need more practical and applied teaching methods integrated in the curriculum for them to grasp the concepts of research. To address this gap, this program adopts a practical skills-based chronological approach to deal with the challenges facing new and inexperienced authors seeking to be confident about their research findings. The program takes residents through the process of conducting research, writing research articles and getting their research published in highly regarded journals. It is designed to take a publishing-insider's perspective to enable residents to improve their research writing and increase their chances of having their articles pass peer review. It subsequently enhances possibilities of articles being read and cited widely once published

Health Research and Studies Programs

The training in Health Research and Studies consists of three programs, with three months duration for each program:

[Program 1: Foundations in Public Health Research](#)

[Program 2: Advanced Health Research Methods](#)

[Program 3: Applied Research Project](#)

Residents who complete the nine-month program requirements will be awarded a Higher Diploma Certificate (HDC)

Eligibility Criteria

- Bachelor's degree from a recognized university in health, medicine, behavioural, or social sciences, or any other related field of science.
- Preferably with work experience in a health-related field
- Demonstrated ability to study in English

In All Programs:	Training Delivery method	Training Language
	- In-class method - Blended learning method	- Arabic - English

Who Should Apply

Given the basic nature of this programs, they are designed for anyone actively involved in public health practice at different levels of the health system.

Program Overview

This program is designed for public health staff working at various levels of the health system and will provide them with the basic principles of research methods as applies to public health. It is a step-by-step guide to both qualitative and quantitative research methods and elaborates on the research process from problem identification and hypothesis formulation to the development of a research proposal, emphasizing on systematic approaches to each step.

The program will help residents acquire knowledge and skills necessary to prepare for and implement various aspects of the public health research process through exposure to concepts, conduction of in-class group works, and/or laboratory practical sessions, and carrying out field projects and assignments as part of a structured mentorship program. In addition, the program will encourage critical thinking and writing skills that demonstrate the resident's abilities to understand and evaluate related research.

Learning Outcomes

By the end of the program, participants will be able to:

- Recognize the importance of research to public health
- Critically assess appropriateness of different research methods and techniques for the study of relevant health research issues
- Explain basic concepts in health research methodology
- Develop a proposal and plan for studying a public health problem to provide evidence for public health practice
- Use software and tools for appropriate data collection and management

Training Courses

- Introduction to Research Methods
- Research Designs
- Basic Concepts in Research Methodology
- Applied Research in Public Health
- The Statistical Tools (Excel)

Field Work

Residents spend seven weeks in the field work in order to be exposed to real-life situations and to practice the skills they gain with the guidance of a dedicated mentor. The following field projects are expected to be conducted during the field work period:

- Write a proposal for a common public health research question
- Critically assess public health research work

Program Overview

This program is designed for public health staff and health professionals working at various levels of the health system and is designed to extend upon the topics taught in introductory program and covers more advanced methods for the design, conduct, analysis, and interpretation of epidemiologic studies. The main focus of this program is on providing residents with an understanding of methodological health research issues as well as analytical and practical skills of designing and conducting epidemiologic studies. It includes more rigorous discussion of key epidemiologic concepts and methods such as modern study designs and measures of association and impact.

Throughout this program, methodological and design issues are integrated with statistical techniques and applied by extensive use of the SPSS package. With real-life examples throughout, the program avoids complex statistical formulations. Moreover, this program is intended to increase the ability of residents to interpret and criticize research articles in the medical literature.

Learning Outcomes

By the end of the program, residents will be able to:

- Design and conduct unbiased and efficient health research studies, through avoiding common problems and pitfalls
- Interpret and criticize research articles in the medical literature
- Analyze the data from epidemiological research by applying the essential features of advanced statistical techniques
- Write scientific manuscripts for publication

Training Courses

- Advanced Research Methods
- Advanced Statistical Methods
- The Statistical Tools (Epi Info)
- The Statistical Package For Social Sciences (IBM SPSS)
- Scientific Writing

Field Work

Residents spend seven weeks in the field work in order to be exposed to real-life situations and to practice the skills they gain with the guidance of a dedicated mentor. The following field projects are expected to be conducted during the field work period:

- Pilots test the study procedures and instruments
- Revise the study instruments and tools based on the pilot testing.
- Procedures include: data collection, data entry, data analysis.

Residents who complete the three-month program requirements will be awarded a Post Graduate Certificate (PGCert) issued by International Academy of Public Health (IAPH) and accredited by Agency for Public Health Education Accreditation (APHEA).

Program Overview

Carrying out an applied research project is a requirement to complete the Higher Diploma Certificate in public health research. Conducting research allows residents to integrate their knowledge in the field of public health into a specific subject area and transfer their ideas and results through a scientifically written product. The applied research project may be a descriptive research, survey research, development or evaluation of public health policy, or evaluation of health programs. The project must contain an analytical component, which may be qualitative or quantitative. Residents can use existing datasets or collect their own datasets for research.

The resident is required to choose a subject for scientific research under the supervision of an experienced supervisor approved by the Academy. Upon approval of the proposal and research plan, the resident collects data, analyzes it, and writes the final report of their research. Residents are required to present and defend their research and those who pass the exam are awarded the Higher Diploma Certificate. Research topics can cover any area of public health.

Priority is given to field research and those that suggest or test practical solutions to existing problems related to the health system, community health and safety, field epidemiology, and other related ones.

Learning Outcomes

- Identify and study knowledge gaps in public health topics
- Conduct a literature review and critically assess the evidence on a particular topic
- Set research goal and objectives
- Design an appropriate study to meet research objectives
- Conduct the appropriate statistical analysis
- Write research results in a scientific paper according to the standards of international scientific journals



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