Non-Communicable Diseases





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INTRODUCTION

Non-communicable diseases and mental and psychiatric illnesses are emerging as an urgent public health problem globally and becoming a major cause of early death and disability worldwide. In 2012, non-communicable diseases claimed over 2.2 million lives in the Eastern Mediterranean Region and caused 57% of mortality. Four groups of diseases, cardiovascular disease, cancer, diabetes, and chronic lung disease were responsible for 80% of this mortality; 65% of deaths were linked to risk factors. About 60% of people with chronic diseases die young, under the age of 70. Future projections indicate there will be an alarming increase in their prevalence, with the four main non-communicable diseases causing as many as 2.4 million deaths in 2025, unless serious action is taken.

Mental health and overall wellness are vital in tackling the global health problems that is related to noncommunicable diseases (NCDs). Findings from Global Burden of Diseases, Injuries, and Risk Factors Study 2015 (GBD 2015) showed that mental disorders are among the highest-ranking causes of nonfatal burden globally (GBD 2015 Disease and Injury Incidence and Prevalence Collaborators 2016). In parallel to this burden, most people in low and middle-income countries who have mental health problems are not supported by trained professionals, or able to access to evidence-based treatments. Improved understanding of the burden and the risk factors of non-communicable diseases help to prevent them and prevent the associated morbidity and disability. Therefore, there is a need to build the capacity of health workers about these conditions so that they can plan and implement interventions that help to reduce the burden associated with chronic diseases.

Short Courses: There are 15 courses under two programs:

Non-Communicable Diseases Epidemiology	Mental Health Epide
Course 1: Introduction to Public Health	Course 6: Epidemiology of
Course 2: Epidemiology of NonCommunicable Diseases	Course 7: Mental Health I
Course 3: Noncommunicable Disease Surveillance	Course 8: Mental Health i
Course 4: Health Promotion for Noncommunicable Diseases	Course 9: Research in M
Course 5: Prevention & Control of Noncommunicable Diseases	Course 10: Applied Resea Diseases

Each training course is delivered in (30) Learning Hours. These courses can be taken as part of the three-month programs for a Technical Diploma, or as stand-alone courses. Upon meeting the course requirements, the participant will be awarded a Successful Completion Certificate by the International Academy of Public Health (IAPH) and accredited by the Agency for Public Health Education Accreditation (APHEA).

Training Delivery Methods:

- In-class method
- Online method

emiology

- of Mental Health Disorders
- Programs and Interventions
- in Complex Emergencies
- lental Health
- arch in Noncommunicable

Advanced Health Research Methods

Course 11: Advanced Research Methods

Course 12: Advanced Statistical Methods

Course 13: The Statistical Tools (Epi info)

Course 14: The Statistical Package For Social Sciences (IBM SPSS)

Course 15: Scientific Writing

Introduction to Public Health



Duration: 30 Learning Hours 25 CPD Points

Course Outline

- Introduction to Public Health
- Global Health and Health Security
- International Health Regulations
- Health Services
- Scientific Research
- The Sustainable Development Goals (SDGs)
- Universal Health Coverage Introduction and Path Toward UHC Session
- Assessment of Populations Health

Description

History to the public health is a review of accomplishments and errors of health care. The critical analysis of the past events allows for accelerating the improvement of health. The restructuring of the health services necessitates the tracing of health problem through their historical development. It is therefore imperative that candidates be equipped with the knowledge of the establishment of modern health care and the understanding of current debate and thinking.

This course is designed to fill the gaps in the knowledge and skills for the health practitioners in the field of public health, and to enhance critical thinking on various public health challenges along with the exploration of different public health approaches and models. It covers important topics like public health ethics, global health and health security

_earning Outcomes

By the end of this course, participants will be able to:

- 1- Evaluate a range of public health definitions and their relative advantages
- and new public health
- 3- Assess the benefit of a framework for essential public health functions
- 4- Recognize the basic fields of public health research together with quantitative and qualitative methods used in the investigation of public health problems
- 5- Analyze the comprehensive system of public health within the current threats and challenges at national and regional level

2- Explain the phases in the development of this discipline and make a difference between traditional

Epidemiology of Noncommunicable Diseases



Duration: 30 Learning Hours 25 CPD Points

Course Outline

- Introduction to Epidemiology of Non-Communicable Diseases
- Introduction to NCDs
- Epidemiologic Transition
- NCDs Risk Factors
- Epidemiology of NCDs and Global Burden of Diseases
- Measures of Burden for Non Communicable diseases

Description

This course will provide an overview of the epidemiology, risk factors, etiology and public health importance of major non-communicable diseases including cardiovascular diseases, diabetes, cancer, chronic lung disease, mental disorders, and injury. The course addresses measurement issues in chronic disease epidemiology with respect to both exposure assessment and measurement of outcome along with practical considerations involved in conducting chronic disease epidemiology research.

The course will cover social determinants and physiological risk factors of the most common non-communicable diseases. It will present methods for measuring the burden of non-communicable disease, review approaches to program and service development to modify risk factors and discuss implications for health services and policy development.



By the end of this course, participants will be able to:

- of non-communicable diseases as a major public health burden in different parts of the world
- 2- Describe the epidemiology, trends, and burden of major non-communicable diseases
- 3- Calculate prevalence, incidence, and mortality and apply definitions of DALY and QALY to describe the burden of main non-communicable diseases
- 4- Measure and analyze main determinants of non-communicable diseases and understand the impact of social determinants and behavioral factors on non-communicable diseases

2

1- Define the scope of non-communicable diseases epidemiology and appreciate the changing importance

Noncommunicable Disease Surveillance 3





- Uses of Public Health Surveillance Systems
- NCDs Surveillance Systems and Indicators
- NCDs Surveillance As a Function of Monitoring and Evaluation
- Analysis and interpretation of Surveillance Data
- CDC Framework To Evaluate a Public Health Program
- WHO STEP Wise Approach to Risk Factor Surveillance (STEPS)

Description

Public health surveillance is "the ongoing systematic collection, analysis, and interpretation of health-related data essential to planning, implementation, and evaluation of public health practice". Public health surveillance is the foundation for evidence informed and effective public health interventions. Surveillance is needed to understand and to monitor the epidemiology of health-related events in order to set priorities and formulate strategies for appropriate public health actions. Surveillance system serves as a tool to document impact of health interventions or to monitor progress towards specified public health goals.

This course provides an overview of public health and non-communicable diseases surveillance systems and methods. It includes an overview of non-communicable diseases surveillance, considerations in planning non-communicable diseases surveillance, sources and collection of data, analysis and interpretation of surveillance data, communication of surveillance data, technology of public health surveillance systems, evaluation of non-communicable diseases surveillance activities, ethical and legal issues in surveillance, local issues in surveillance, surveillance issues in developing countries, and future considerations.

Learning Outcomes

By the end of this course, participants will be able to:

- data sources
- 3- Identify possible sources of selection bias and information bias for non-communicable diseases surveillance systems
- 4- Analyze and interpret surveillance data, including trends and patterns
- 5- Plan for evaluating non-communicable diseases surveillance systems
- 6- Follow the CDC framework and complete the six steps to evaluating non-communicable diseases surveillance systems

1- Understand the structure and flow of data through a non-communicable diseases surveillance system 2- Select and explain the source of data to use and identify the strengths and limitations of surveillance

Health Promotion for Noncommunicable Diseases



Duration: 30 Learning Hours 25 CPD Points

Course Outline

- Health Promotion Approaches, Principles, and Interventions
- Strategies to Promote Good Nutrition
- Strategies to Promote Physical Activity
- Ethical and Political Dimensions of Health Control
- Understanding Health Promotion and Health
- Value and Role of Partnership

Description

This course introduces the participants to the field of health promotion and provides an overview of key health promotion definitions and concepts. Trainees will learn some of the key theories underpinning health promotion and examine the key strategies used by health promoters to take action on the major non-communicable diseases affecting individuals and communities.

This course is intended to develop the understanding of participants of health promotion at individual, group, community and national levels, as well as their critical thinking around the social determinants of non-communicable diseases approaches to health interventions.

Learning Outcomes

By the end of this course, participants will be able to:

- 1- Explain key health promotion definitions and concepts
- 2- Explain the key theories used in health promotion practice
- engagement, advocacy and social marketing)
- developing country contexts
- 6- Understand how health promotion strategies promote physical activity, good nutrition and dietary practices and smoke free environment
- 7- Select the most appropriate strategy, or mix of strategies, for addressing non-communicable diseases

3- Comprehend how theories are applied to promote health at the individual, community and societal levels 4- Review and critique major approaches to health promotion (e.g. policy, behavior change, community

5- Identify and describe the key challenges facing health promotion programs in both developed and

Prevention and Control of Noncommunicable Diseases



Duration: 30 Learning Hours 25 CPD Points

Course Outline

- Conceptual framework for NCDs prevention
- Health Promotion Theories and Theories of **Behavior Change**
- Designing Health Promotion Interventions and Putting Health Promotion Evidence Into Practice
- Main Approaches for Prevention and Control of NCDs

Description

This course addresses the prevention and control of major non-communicable diseases including cardiovascular disease, diabetes, cancer, chronic lung disease, mental disorders and injuries. This course is intended to increase the capacity of trainees and provide them with the skills to develop and implement multisectoral plans for prevention and control of non-communicable diseases, taking into account international recommendations and approaches.

The course will present and discuss current international strategies for prevention and control of chronic non-communicable diseases. Moreover, it addresses public health strategies to curb non-communicable diseases, and changes needed in the health care system, particularly with regards to those most effective, affordable and scalable 'best buys' interventions.

- Learning Outcomes

By the end of this course, participants will be able to:

- 1- Comprehend the most cost-effective and affordable public health interventions and key 'best buys' for the prevention and control of non-communicable diseases and relate them to health systems strengthening
- cost-effective management of non-communicable diseases
- 3- Identify the rationale, benefits, and resources needed for implementing the interventions for the prevention and control of non-communicable diseases
- 4- Propose national interventions and programs related to social determinants of health and to non-communicable diseases prevention

2- Explain the most critical elements needed to strengthen health care services for the delivery of

Epidemiology of Mental Health Disorders



Duration: 30 Learning Hours 25 CPD Points

Course Outline

- Mental Disorders Concept and Classifications
- Health Services For Mental Disorders
- Mental Health and Mental Well-being: Definition and measurement
- Mental Health and Mental Well-being: Social and Cultural Determinants
- Mental Health and Mental Well-being: Family Influence On Mental Health
- Mental Health and Mental Well-being: Environmental Influences and Mental Health
- Mental Health and Mental Well-being: Economics of the mental health
- Mental Health Assessment and Screening Tools
- Well-being measurement in community surveys
- Mental Health in Children and Adolescents
- Mental Health and Aging
- Parenting and Family-Focused Support
- Prevention and Mental Health Promotion
- School Based Mental Health Services Session
- Workplace Wellbeing
- Community Health Approaches
- Integrating Mental Health Care with Primary Health Care

Description

Epidemiology of mental health disorders is the study of the distribution and determinants of mental health disorders among populations. Mental disorders represent four of the 10 leading causes of disability worldwide. This growing burden amounts to a huge cost to health care system in terms of human misery, disability and economic loss. This course examines mental health and mental disorders across the life span: child, adolescent, adult and older adult.

Trainees will learn about the major risk factors for and etiologic models of mental disorders. This will include examination of social factors, biological factors, genetic factors and their interactions. Special attention will be paid to the unique methodological and analytical issues highlighted by mental health epidemiologic research. Based on the concepts covered in this course, participants will consider the implications for public health programs and interventions.

Learning Outcomes

By the end of this course, participants will be able to:

- course
- 3- Apply various assessment measures of mental health
- policy evaluation
- 5- Compare and contrast the range of approaches to mental health promotion and mental illness prevention

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1- Describe the epidemiology of mental health problems as they affect adults, adolescents and children 2- Calculate the determinants, risk and protective factors for mental health at different stages in the life

4- Critically evaluate the measures of mental disorders burden and their application from monitoring to

Mental Health Programs and Interventions

Duration: 30 Learning Hours 25 CPD Points



- Mental Health Promotion Theory and Practice
- Mental Health Promotion Models and Approaches
- Health Related Behavior and Theories of Behavior Change Part 1
- Health Related Behavior and Theories of Behavior Change Part 2
- Role of Inter-Sectoral Approaches in Mental Health Promotion
- Implementing Intersectoral Action on Health
- Mental Health Needs Assessment
- Strategies for Promoting Mental Health at Different Settings
- Integrating Care for Mental Disorders into Platforms of Care
- Resources Required for Delivery of Mental Health Programs
- Formative Research and Piloting to Design a Mental Health Program
- Evaluation of Mental Health Programs

Description

This course provides trainees with the knowledge and skills to design, develop, and implement mental health programs and mental health promotion activities, especially in low-resource settings. The course covers the integration of packages of care for mental disorders into different platforms of care including primary care and maternal healthcare or into platforms of care for other communicable and non-communicable diseases. Moreover, the course focuses on the evaluation mental health programs and mental health promotion strategies.

Learning Outcomes

- 1- Demonstrate a critical in-depth awareness of mental health promotion
- 2- Explain and critically discuss the principal methods and theoretical approaches to the evaluation and assessment of evidence for effectiveness of mental health promotion programs and interventions 3- Describe how to integrate a package of care for a specific mental disorder into a platform of healthcare
- delivery
- 4- Develop skills in the design, implementation, and evaluation of prevention and harm reduction strategies that address mental health and substance use
- 5- Critically evaluate public health strategies aimed at promoting mental health
- 6- Design a population level mental health intervention program that includes a plan for evaluating its effectiveness
- 7- Plan and design effective, efficient, culturally sensitive and ethical mental health interventions and mental health promotion action for specific stakeholders in a variety of settings
- 8- Weigh the main approaches that can be used in implementing health promotion at individual, community, and policy development levels

8 Mental Health in Complex Emergencies

Duration: 30 Learning Hours 25 CPD Points



Course Outline

- Emergency nutrition and psychosocial needs
- Evidence-based mental health and psychosocial interventions in complex emergencies
- Setting up Mental Health and Psychosocial **Programs in Emergencies**
- The IASC guidelines for Mental Health and Psychosocial Support in Emergency Settings
- Community-Based Psychosocial Programs
- Needs Assessment, Monitoring and Evaluation
- Cross Cultural Issues, Human Rights, Conflict Resolution
- Implications of Working in Multicultural Contexts
- Personal Security of Humanitarian Workers in the Field
- Culturally sensitive interviewing skills

Description

This course helps trainees to establish mental health or psychosocial programs in a humanitarian context within conflict and post-conflict areas. The course teaches on key public health actions/considerations related to mental health in emergencies. In this course, participants will increase their understanding of the psychosocial and mental health issues of refugees and learn how to implement effective interventions. It aims to provide a practical orientation on how to conduct rapid assessments and design and set up mental health services or psychosocial programs.

It addresses the issues of cultural validity, programming for children, addressing severe mental disorders, gender-based violence, human rights, taking care of oneself and dealing with burnout. This course emphasizes the well-being of the beneficiaries as considered in the 2007 IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings as endorsed by WHO, UNICEF, UNHCR, IFRC, and numerous local and international agencies working in the field of psychosocial assistance.

Learning Outcomes

By the end of this course, participants will be able to:

- 1- Describe mental health and psychosocial needs and interventions in complex emergencies
- cultural and contextual factors influencing mental health and psychosocial support problems
- 3- Apply the IASC guidelines on mental health and psychosocial support in emergency settings
- mental health and psychosocial support workers in different emergency contexts
- 6- Outline the principles of establishing programs in the mental health and psychosocial domains

2- Describe the diversity of mental health and psychosocial issues in complex emergencies and the role of 4- Describe the principles of assessment, monitoring, and evaluation of mental health and psychosocial support problems in emergency contexts including familiarity with WHO/UNHCR MHPSS assessment tools 5- Define the various roles of mental health professionals, psychosocial professionals, and nonspecialized



Duration: 30 Learning Hours 25 CPD Points

Course Outline

- Concepts in Social Epidemiology
- Measurement Instruments in Mental Health and **Psychometric Properties**
- Major Study Designs in Psychiatric and Mental Health Epidemiology
- Qualitative Research Design
- Methods of Collecting and Analyzing Empirical Materials
- Univariate Statistical Analysis
- Multivariate Analysis
- Introduction to Principal Components and Factor Analysis
- Ethical Standards for Mental Health and **Psychosocial Support**

Description

This course provides the trainees with knowledge and practical skills in core epidemiological principles and methods central to mental health research, as well as the appropriate statistical methods for data analysis and the application of social research methods, including the capacity to choose the most appropriate methods to investigate particular research questions, to critically review social research, and to apply research.

The course emphasizes on the social dimensions of health, illness, and injury and reviews descriptive and analytic epidemiology for major mental disorders of childhood, adulthood, and late adult life. The course also examines issues of classification of psychiatric disorders as well as operational case definitions and the measurement techniques to enhance field surveys and risk factor research. Moreover, this course introduces students to qualitative research and helps them understand how qualitative research supplements quantitative inquiry in human behavior and the social sciences.

Learning Outcomes

- By the end of this course, participants will be able to:
- 1- Describe core epidemiological and statistical concepts central to mental health research
- 2- Describe the main concepts of social epidemiology including deprivation and socio-economic status, and their uses and limitations mental health research
- 3- Design, conduct, and interpret quantitative mental health research studies
- 5- Apply appropriate univariate and multivariate analyses of continuous and categorical data, including linear and logistic regression
- 6- Compare a variety of approaches to analyzing gualitative data
- 7- Evaluate the psychometric properties of mental health instruments
- 8- Compare various research methodologies in the field of mental health
- 9- Evaluate theory, methods and results of research from a wide range of disciplines in the field of mental health
- 10- Weigh ethics principles and research governance structures and processes relevant to the field of mental

4- Describe major types of qualitative design used in mental health research and to draft interview guides for qualitative interview studies

Applied Research in Noncommunicable Diseases

Diabetes

Duration: 30 Learning Hours 25 CPD Points

Course Outline

- Materials and Methods, Study Designs

- Study Design Selection, Study Area/Setting
- Study Population and Sampling
- Basics of Sample Size
- Study Variables, and Data Collection Tools and Techniques
- Data Analysis and Presentation
- Potential Errors in Research and Critical Appraisal

Description

This course allows participants to learn and use various concepts in research methods in Non-Communicable Diseases. The course also contains in-class exercises that allow participants to match learnt concepts to their prospective research projects. It builds the capacity to correctly frame their samples, calculate the sample size and use suitable tools and techniques to collect the data.



By the end of this course, participants will be able to:

- 1- Define research variables
- 2- Identify study population
- 3- Utilize appropriate sampling techniques
- 4- Identify and differentiate between random sampling error and bias
- 5- Calculate sample size for different study designs
- 6- Use various data collection technique and tools

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pling error and bias is s

Advanced Research Methods



Duration: 30 Learning Hours 25 CPD Points

Course Outline

- Review of Epidemiologic Study Designs
- Measures of Association and Impact
- Concept of Confounding
- Matching
- Interaction
- Stratified Analysis
- Error and Bias Precision and Validity Quality Assurance and Control

Description

This course addresses the methodological issues crucial to the wide range of epidemiologic applications in public health and medicine. It covers a broad range of concepts and methods, including modern study designs, epidemiologic measures of association and impact, causal inference, methods of handling confounding, methods of identifying effect modification, measurement error and information bias, and validity and reliability.

The main objective of the course is to enhance a student's ability to design and conduct unbiased and efficient health research studies.

Learning Outcomes

- 1- Navigate within Excel's User Interface (UI)
- 2- Enter and format data to create a database
- 3- Use formulas and functions to analyse data
- 4- Organize data by sorting and filtering
- 5- Create a histogram, epidemic curve, and line graph from a dataset
- 6- Prepare and print a worksheet

Advanced Statistical Methods 12



Course Outline

- Review of Descriptive Statistics
- Interval Estimation and Hypothesis Testing

Duration: 30 Learning Hours

25 CPD Points

- Independent t Test
- The Chi-Square Test
- ANOVA Test
- Repeated Measures Analysis
- Simple Linear Regression
- Multiple Linear Regression
- Binary Logistic Regression

Description

This course provides students with the necessary skills they need to perform statistical analysis of data from biomedical research, healthcare administration, electronic medical records, vital statistics, disease registries, and research databases.

Students will learn the appropriate statistical techniques used for estimation and inference. The course enhances participants understanding of statistical modelling for continuous and binary data and their assumptions, correlated data analysis, and longitudinal data analysis. The use of a statistics package, such as SPSS, to analyze case studies will be important throughout.

Learning Outcomes

- 1- Understand the strengths, limitations, and principles of different modern study designs
- 2- Identify and interpret effect modification
- 3- Identify potential sources of selection and information bias and understand how to control bias by appropriate study design
- 4- Identify potential sources of confounding and understand how to address confounding in the design and analysis of epidemiological studies
- 5- Explain commonly used considerations for causal inference and models of causality
- 6- Understand the concepts 'validity' and 'precision,' 'random' and 'systematic measurement error,' 'differential' and 'non-differential misclassification,' and the use of validation and reproducibility studies for epidemiological research

The Statistical Tools (Epi info) 13

Duration: 30 Learning Hours 25 CPD Points

(info™)

Course Outline

- Introduction to Epi Info and Getting Started
- Creating a survey in Form Designer
- Data entry and validation using Check Code
- Data entry and using Epi Info Data Package
- Data analysis using the Classical Analysis
- Data analysis using the Visual Dashboard and Gadget
- Create maps
- Epi Info Companion for Android

Description

Epi Info is a statistical software for data management that runs under Microsoft Windows for public health practitioners. The program allows for electronic survey creation, data entry and analysis. It enables participants to develop questionnaires, customize the data entry process, enter and analyze data, and develop maps and graphs. The course will provide hands on experience and provide exercises and materials.

Learning Outcomes

- 1- Design simple data entry forms using the Form Designer.
- 2- Implement intelligence to data entry forms using Check Code
- 3- Enter records into Epi Info form
- 4- Read multiple data sources and utilize the Visual Dashboard and Classic Analysis sessions for manipulating, managing, and analysing data
- 5- Generate statistics from frequencies, 2X2 tables and means commands
- 6- Output results into HTML, Excel, or Word formats,
- 7- Explain the Epi Info companion for android
- 8- Create maps



The Statistical Package for Social Sciences (IBM SPSS)

SPSS STATISTICS



Duration: 30 Learning Hours 25 CPD Points

Course Outline

- Introduction
- Descriptive
- Transform
- Missing
- Chi-square
- t-test
- One way ANOVA
- Two-way ANOVA
- Repeated Measures ANOVA
- Linear Regression
- Binary logistic regression
- Multinomial Logistic
- Factor Analysis
- ROC
- Non Parametric 2 groups A part 1
- Non Parametric 3 groups part 2
- Kaplan Meier

Description

In this course participants will learn the main features of the software including setting up a new data file in IBM SPSS ready for analysis, as well as some techniques of data management, and more advanced statistical procedures that are available in SPSS.

The course is designed to provide an intensive training to the latest version of the Statistical Package for the Social Sciences (SPSS), now known as IBM SPSS Statistics. The training combines lecture and hands-on sessions, and involves an analysis of a subset of a large dataset. Participants should have knowledge of basic statistical concepts and should have experience in computer operations using Microsoft Windows. Experience with SPSS is not necessary, although a basic understanding of the purpose and functions of the software is helpful.

Learning Outcomes

By the end of this course, participants will be able to:

- 1- Understand the main features of the software
- 2- Manage data in SPSS
- 3- Apply SPSS statistical techniques to summarize and describe data
- 4- Apply more advanced SPSS statistical procedures to analyze the data
- 5- Conduct statistical analysis independently based on the type of outcome and study design
- 6- Interpret results and present findings

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Course Outline

- Research Process and Argument Matrix
- Writing Title Page, Abstract, and Introduction
- Writing the Research Methods
- Writing the Research Results
- Writing Discussion, Conclusion and References
- Good Manuscript Writing

Description

This course is designed to review the steps involved in, peer reviewing, and revising manuscripts for publication. The course participants will refine and demonstrate writing, reading, editing, and reviewing skills through exercises and class discussions. This course aims to teach the fundamentals of effective scientific writing. Instruction will focus primarily on the process of writing and publishing scientific manuscripts only.

The course will be presented in two segments: part (1) teaches participants how to write effectively, concisely, and clearly and part (2) takes them through the preparation of an actual scientific manuscript.



By the end of this course, participants will be able to:

1- write a scientific manuscript effectively, concisely, and clearly 2- Identify the publications best suited for their work

- 3- Have greater insight into the needs of readers and reviewers
- 4- Comprehend the purpose of each section in a research paper
- 5- Have a wider repertoire of practical strategies to improve their own research writing
- 6- Make strategic choices about how, where and when to publish their research





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