



Research Question

Goal: Write a clear, measurable research question to study a health science topic.

Research is formalized curiosity. It is poking and prying with a purpose. -Zora Neale Hurston

Strong Research Questions:

- 1) List at least three characteristics of a strong research question:

- 2) Read the following research questions and explain why they are strong **OR** edit/revise them to improve them.
 - a. Does stress cause preterm delivery?

 - b. What type of stretching best helps an athlete prevent injury?

 - c. How do teenagers surroundings affect their likelihood to experience an asthma attack?

 - d. How do pet owners' levels of knowledge about healthy diets for pets influence their feeding habits with their pets?

REVIEW:

Focus area: _____

Interests: _____ → _____ → _____ → _____ → _____

GOAL #1: Establish an over-arching purpose for researching a health problem (**Purpose**)

Purpose: Your purpose should be to do both of the following:

- a) **Risk factors:** Better understand FACTORS influencing this problem. (Why is it happening?)
- b) **Solutions:** Determine what intervention work best to reduce the problem. (What can we do?)

Write a statement that follows a similar format:

In order to achieve **DESIRED OUTCOME** among **TARGET POPULATION** this research study must examine**RISK FACTORS (EVIDENCE)** and **SOLUTIONS....**

PURPOSE:**GOAL #2:** Create a testable research question to investigate a health problem (**Research Question**)

Research Question:

VARIABLES: BRAINSTORM the possible contributors to your problem or factors that increase a person's likelihood to experience a certain outcome.

Risk Factor(s):

Outcome(s):

POPULATION: Age, sex, gender, race, ethnicity, language, education, occupation, condition, etc.

RESEARCH QUESTION: Be sure you have an open-ended question that is seeking to determine the relationship between two variables. Get specific. You can always change this!

CHECKLIST:

- ____ Included target population
- ____ 2 variables/factors
- ____ Used appropriate relationship words (i.e. correlated with, related to, associated with, relationship between, influences,)
- ____ Did not make a causation-correlation error (i.e. avoided _X_ causes _Y_,

Regarding the status of my research question, I feel: (CIRCLE ONE)

Very unsatisfied: 1 2 3 4 5 :Completely satisfied

Explain: (use backside if you need more space!)