Research and Community

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When SW critiquing an article:

- Evaluate the research design within the study FIRST
- For example:
  - If the study tries to test depression, then using PHQ-9 would be a good tool to measure depression.
  - If the study uses GAD, which is a tool to measure anxiety, then the study has low validity (not measuring what it says it will measure - depression.)
Research

When critiquing an article, pay attention to the **SAMPLE** use:

- **After SW determined that the research design is appropriate, THEN:**
- **SW can try to see if the research findings would apply** (Generalization) to another group/population the SW is trying to work with.
  - **For example,** the SW is reading research article studying depression in college students, then SW can use the findings to **apply ONLY to college students who is in treatment for depression.**
  - **However, such** research finding may NOT apply to the specific population, such as LGBT college students whom the SW is providing depression treatment.
  - **So,** paying attention to the **SAMPLE** (participants/subjects) in research studies would also be important, in whether the finding would be able to generalize to another group.
Quantitative Research

- **Independent variable** (x): manipulatable (treatment, stimulus, food, etc.)
- **Dependent variable** (y): the value changes because of X (independent variable) was manipulated.
- **For example**: Depression treatment (X) was given, depression score (Y) was low. You can say treatment helped depression.
Research

What is research study’s **validity**?

- Does design measures what study says it will measure?

How to determine a research study’s **reliability**?

- **Replicate the study**, using the same design.
- If you get the same results as previous study, you get high reliability.

**RELIABILITY = CONSISTENCY**

**VALIDITY = MEASURES WHAT IT TRIES TO MEASURE**
Single Subject Design

- 1 subject, UNO! (1 participant or 1 patient)
- Usually starts with Baseline (A) - no treatment
- Then apply treatment (B)
- Then withdraw treatment (A)
- Then re-apply treatment again (B).
- So you can say this is an **ABAB single-subject** design.

Read more here: [https://allpsych.com/researchmethods/ababdesign/](https://allpsych.com/researchmethods/ababdesign/)
ABAB Single Subject Design:

**For example:** My husband wants to measure if cake will increase my (Chinh’s) happiness. So, he tries to do that in 1 week.

Day 1 & 2: A (baseline) - No cake → Chinh’s happiness score at 2

Day 3 & 4: B (treatment) - Cake → Chinh’s happiness score at 6

Day 5 & 6: A (another baseline) - withdraw cake → Chinh’s happiness drops to 1

Day 7 & 8: B (reintroduce treatment) - give cake again → Chinh’s happiness score goes back to 6
ABAB Single Subject Design:

Continued:

- This is when, my husband is confident that cake makes Chinh happy. The treatment works! It has good **validity**.
- For good **reliability**, he tries it again for **every week for 1 month** and gets the same results. So, his single-subject study was reliable!
- It tells him that, in order to make his wife happy, he needs to stock up on cake!
Correlation vs. Causation

Causation = A causes B

Correlation: (A does NOT cause B)

- A goes up, B goes up (positive correlation)
  - The more cakes Chinh eats, the higher Houston’s temperature.
  - After a while, my husband says, you want hot weather in Houston, get Chinh to eat cake, because he sees a positive correlation (more cake ~ high temperature).

- A goes down, B goes up (negative correlation)
  - The less cake Chinh eats, the higher the gas prices.
  - Over time, my husband says, you want to get low gas price, feed Chinh cake.

- If A goes up, B sometimes goes left, right, up, down (unpredictable), then NO correlation between A and B
Research

Please see my Pinterest for useful study materials on Research:

https://www.pinterest.com/swtosw/recall-6-research/
Community

In Developing a ________ (policy, program, intervention), FIRST ask:

1. WHO are you trying to help?
2. What PROBLEM are you trying solve?

If the question provides the population (developing policy serving refugee), SW FIRST action should be asking:

- What PROBLEM are the refugee community facing?
- Identify the NEEDS/PROBLEM of the population FIRST
  - Can be done through meeting with experts, needs assessment with the community, etc.
Needs Assessment of a population

- To create a program that addresses the needs of a community, a needs assessment is usually conducted.
- Needs assessment is used to **collect information** of expressed or implied needs from the population you serve (for example: refugee)
- Help understand the **key issues**
- Help identify **existing resources** in community
- When many ideas or needs are provided, SW will try to **evaluate and prioritize** the needs and ideas with the community
- Then **select and focus** on top ideas or issues

Needs assessment can be done through **survey** or **focused group** in the community.
Community Organizing

- Identify an issue or a cause
- Identify a population affected by the issue.
- **Try to use existing resources:**
  - Collaboration with local organizations
  - Identify who buys in
  - Involve community leaders
- **Raising awareness:**
  - Outreach: door to door, flyers, going to community events.
  - Media: local news, newspaper, social media
- **Affect policies:**
  - Advocacy: talking to influential people (politicians)
  - Running for offices
Evaluating a Program

1. Know the purpose of the program? (service, treatment)
2. Know who the program tries to serve? (refugee, inner city school students)
3. What are you evaluating? (effectiveness, retention rate, outreach number)

So, the key is, **know what you try to evaluate**, (read the question carefully), choose the answer accordingly.
Social Work Ecological system:

Bronfenbrenner’s Bioecological Model of Human Development

- **Macrosystem**: Norms, values of the culture, social ideologies and values of cultures and subcultures.
- **Exosystem**: Indirect environments, systems that influence the individual indirectly through micro-system.
- **Mesosystem**: Connections between systems and microsystems.
- **Microsystem**: Immediate environments, direct interaction in activities, roles, relations with others and objects.
- **Techno-subsystem**: Media influences, computers, internet, portable devices, social media, TV, phone.
- **Chronosystem**: Time and historic influences.
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https://www.pinterest.com/swtosw/community/