

Preface

Intervention research is pragmatic research as it is about conducting research that will be of practical benefit to society. Intervention research is made up of two interconnected parts: (1) systematic development of an evidence-based intervention; (2) rigorous evaluation of that intervention using strong study design, sound research methodology and appropriate analysis and interpretation of data. The Intervention Research Framework has been selected as a structure from which to demonstrate the intervention research process, as it has a long history of association with health programmes and has proof of impact. The Intervention Research Framework encompasses an inherently logical and systematic process for intervention research that starts with identifying a pertinent risk factor or gap in knowledge, and ideally finishes with an intervention that addresses this gap and that has strong translational application to future policy and practice.

This handbook is a step-by-step guide to intervention research based on experience and application. The handbook is primarily targeted towards higher degree by research students with the hope of assisting students, particularly students involved in intervention research, with the completion of a meaningful study with translational benefits. However, aspects of the handbook can be equally useful to other research students as there are common tasks in all research studies. For example, Chap. 4 details the process for conducting a systematic literature review, a fundamental task required of higher degree students undertaking an Honours, Master's or Doctorate degree. This type of review is also increasingly pertinent for policy and practice professionals seeking to identify an evidence basis for their work. Similarly, this handbook can be useful to intervention research teams and early career researchers undertaking intervention research and to those involved in intervention development and/or evaluation of a pre-existing intervention. In the same way, the nature of intervention research means that the information in the handbook can be equally applied to other content, settings and groups.

The handbook is dense with information but is sectioned so that each chapter can contribute to a discrete research or intervention task, and as a whole, to a comprehensive intervention research study.

Intervention Research

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Prevention Programmes

McBride, N.

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