





# **5 Key Lessons I've Learned About Health Behavior Research**

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# Conduct Translational and Sustainable Research

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- ◆ Address serious health problems with research to address these issues
- ◆ Use data to make sense of health problems
- ◆ Develop evidence-based interventions
- ◆ Implement, test, and refine interventions
- ◆ Sustain best policies, programs, and practices with community partners 

# **Conduct Community-Based Participatory Research**

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- ◆ **Collaborate with community members to design and conduct research**
- ◆ **Interpret results with native members of communities being studied**
- ◆ **Engage community representatives to help develop, implement, and sustain new programs and policies**



# Conduct Transdisciplinary Health Behavior Research:

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- ◆ Work with experts from relevant fields of study (health care, computer science, social science, public health, etc.)
- ◆ Ground research in powerful theories from multiple disciplinary perspectives
- ◆ Adapt research methods and application strategies from different fields of study



# Use Multiple Complimentary Research Methods and Phases

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- ◆ Design developmental research phases (formative, intervention design/testing, summative evaluation) over-time
- ◆ Combine qualitative and quantitative measures to collect deep, robust data



# **Work Locally, Nationally, and Globally**

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- ◆ **Examine health issues at multiple sites, levels of analysis, and applications**
- ◆ **Identify unique and shared health risks**
- ◆ **Design culturally-sensitive health interventions**
- ◆ **Promote broad health collaborations**

