

ADMP UK

Research Working Group (RWG)

FAQ

1. I am interested in recruiting participants for my study through your membership. How can I go about this?

In the first instance, all requests for contacting ADMP UK members for research purposes (e.g. to undertake interview or complete questionnaires) along with evidence of ethical approval (if available) must be sent to the Administrator (admin@admp.org.uk).

The administrator will forward all research requests (and copy of ethical approval letter if relevant) to the Research Rep of the ADMP UK Research Working Group (RWG).

The Research Rep (in collaboration with RWG members) will screen applications in terms of ethical clearance.

If ethical approval is required and it is not available from another body, the Research Rep (in collaboration with RWG members) will offer advice of how to proceed.

Once the applicant evidences ethical approval from another body or successfully acquires directly by ADMP UK, the research request will be circulated to the membership via the administrator.

2. Is ADMP UK able to provide ethical approval for my research project?

If ethical approval is required and it is not available from another body, the Research Rep (in collaboration with RWG members) will offer advice on how to proceed.

3. Can the Research Working Group provide me with information on how to access relevant literature for my project?

Literature review is an integral part of the research, and clinical, process and it is up to the individual researcher to search, identify and consult their selected sources as part of their investigation. Even though we are not able to offer advice on specific literature for individual projects, we have produced a suggested list of resources as a starting point. This list is by no

means exhaustive. Further catalogues may be accessed through your academic institution or online via open access journals. It is strongly recommended that, if you have not received any training in undertaking literature reviews already, that you seek out to undertake such training through organisations you might be involved.

4. An introduction to a Cochrane review

a. What is it for?

It is regarded by many as the ‘gold standard’ evidence of what works for whom. It is essentially a systematic review that synthesises findings from existing research studies addressing a relevant clinical question as such ‘What is the best treatment for x problem?’ or ‘Does x treatment work for x diagnosis?’. All Cochrane Reviews follow a particular pre-approved procedure published in the form of a ‘protocol’. Because of the systematic nature of Cochrane Reviews, their findings are seen as very credible, offering clinical insights, encouraging further research and influencing NICE and SIGN guidelines. The degree to which funding and further resources are allocated to a particular service is therefore closely linked with: (i) whether there is a Cochrane Review and (ii) the type of evidence reported in these reviews. Knowing whether there is a Cochrane (or other type of) Systematic Review in your research, and clinical, area is therefore, vital.

b. Are there any Cochrane Reviews in Dance Movement Psychotherapy? Where can I find them?

The list of Cochrane Reviews in Dance Movement Psychotherapy is growing. Existing Cochrane Reviews explore the impact of Dance Movement Psychotherapy for schizophrenia, depression, dementia and cancer care. As research evidence grows, the list of available Cochrane Reviews is also expanding.

All Cochrane Reviews are published in the Cochrane Database of Systematic Reviews and available online free to download from: <http://www.cochranelibrary.com/cochrane-database-of-systematic-reviews/>

c. What type of studies can be included?

Primarily studies with a randomised controlled trial design are included in Cochrane Reviews, although recently, Cochrane Collaboration, the organisation behind Cochrane

Reviews, has opened up towards also publishing reviews of qualitative studies. Still, reviewing randomised controlled trials remains the norm.

d. How to design research studies which can be included?

For a study to be seen as having high quality, or presenting low risk of bias, there are a number of criteria adopted by the Cochrane team and extensively used when designing research studies. A study needs to avoid the following:

- selection bias (reduced through random sequence generation and allocation concealment)
- performance bias (call for blinding of participants and personnel)
- detection bias (need to consider blinding of outcome assessment)
- attrition bias (complete outcome data is needed)
- reporting bias (selective reporting should be avoided)
- other bias.

Randomised controlled trials are difficult to design, expensive and require expertise and resources. They are normally conducted by a team of researchers and clinicians with diverse skills and research funding. It is not the type of research that can be completed by a clinician on their own; for one, in such research designs, the researcher needs to be different from the clinician to avoid bias. However, small feasibility studies, thorough evaluations of one's practice and close attention to process that allows to unpick key ingredients of therapy are some of the many research possibilities for a sole clinician; the findings of such studies can feed into the work of large research teams.

5. Do you have any advice on getting started in research (for recent graduates or for experienced practitioners who have never considered doing research before)?

There are no hard rules about approaching research. There are different types of post-qualification research: doctoral (PhD), post-doctoral and independent research. Some doctoral and post-doctoral research may be funded through university bursary (scholarship) systems or through contracted studentships (see Research Opportunities link for institutions offering such opportunities). For independent research projects funding is usually sought by relevant or affiliated organisations. If you are interested in pursuing research, a useful starting point is to consider the following questions:

What? – What are you interested in researching? What is your specific research area, key subject and definitions? What other research exists that might inform your investigation? What are your research questions?

Why? – Why are you interested in this area of research? Why now? Can you outline your rationale for investigating this subject? What contribution are you hoping to make with this work?

How? – How might you go about designing your study? How will you collect data, recruit participants, analyse your findings? What resources, equipment, training, support might you need to achieve your goals?

6. What is the difference between scientific research and practice-based research?

Scientific research refers to those investigations that use experimental and quantitative methods for the data production and analysis. Scientific methodology systematically tests scientific theories and hypotheses. Practice-based research seeks to advance knowledge through practice and may utilise both qualitative and quantitative methods. Whereas scientific research relies on existing evidence as the subject for further experimentation, practice-based research builds theory from the ground up.

7. What is interdisciplinary research?

Interdisciplinary research refers to the combination of two or more disciplines as part of the research investigation. It may involve the collaboration between two or more researchers of different or corresponding fields or conducted by a sole researcher with expertise in more than one disciplines.

8. Can you offer some guidance on creating research posters?

Every academic institution provides its own guidelines and specifications for research poster publications. The usual sub-headings include:

- Title
- Abstract
- Introduction
- Materials and Methods
- Results
- Conclusions
- References
- Acknowledgments

Further Information

Tips: Posters need to be concise, clear and easy to follow. Careful formatting and attention to visual presentation (graphics, images) can make your poster stand out from the crowd. Important information should be readable from about 3 meters away.