

BOOK REVIEW



Book: Research Methods For Public Health

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This article reviews the book entitled, “RESEARCH METHODS for PUBLIC HEALTH” which went viral among public health and social work students and had a 5 out of 5-star rating and 3 reviews. The book is published by Springer Publishing Company, New York in 2021.

Its author is Dr Amy A. Eyler, is an associate professor of the Brown School at Washington University in St. Louis. She has experience of teaching in Research Methods for over a decade. She currently chairs the public health sector standing committee of the U.S. National Physical Activity Plan. Dr. Eyler also served as senior associate editor for the *Journal of Physical Activity and Health*.

Dr. Eyler’s main interests in research are health promotion focus on physical activity and obesity prevention. She is a Faculty Fellow for Gender Equity, the president of the Association for Women Faculty, and a member of the University Faculty Senate Council. Her master degree is specialized in physical education and adult fitness from Ohio University and a doctorate in public health from Oregon State University.

This book consists of 285 pages and is organized into 15 chapters. The author presents research methods with the Public Health Research basics section, Research Detail and Design Section, Quantitative Data Collection and Analysis Section.

The Public Health Research basics section delivers the foundation for public health research methods with 3 chapters: The Importance of Research in Public Health, Literature Search and Research Question Development and Ethics in Public Health Research.

In chapter 1, the steps in the research process are explained in detail with subsequent phases and examples. These steps are straightforward as follows;

1. Identify Research Topic
2. Design the study
3. Collect Data
4. Process and Analyze Data
5. Interpret Findings

6. Disseminate Findings

Chapter 2 emphasizes guidance on the literature review process and how to develop research questions in public health study. Basic procedures for conducting a literature review are: Get a general overview of the topic, Select search terms, Select appropriate databases, Apply search strategies, Review your results. The author suggests the readers as *“You might have started your literature review with a specific research question in mind. However, the process of searching and summarizing information on the topic may have given you new insight or reasons to modify your original question. The question can evolve as a result of a research review. A good research question provides structure for the rest of the research process.”*

Chapter 3 focuses research ethics with current ethics policies and also presents framework and international and US guidelines for ethics in public health. International Guidance: Nuremberg Code (1948), Declaration of Helsinki (1964) United States Guidance: Belmont Report (1979), Common Rule (1991, Recent Updates 2019). Institutional Review Board (IRB) is a part of common rule US guidelines.

Research Detail and Design section discusses deeper into the specifics of planning public health research with 5 chapters. Chapter 4 outlines the importance of operationalization and measurement, and how this step in the research process impacts the rest of the research project. Chapter 5 describes the significance of sampling in research, and provides examples of strategies commonly used in public health research. Chapters 6 and 7 explain causality in research and the impact of study designs on this concept. Many different study designs, along with the advantages and disadvantages of each of them are described. Chapter 8 is all about budgeting for research. It outlines some of the main funders of public health research, and provides information on how to develop and justify a research budget for a project proposal.

Chapter 9, Quantitative Data Collection, outlines common ways to collect quantitative data, such as surveys and through systematic observation. Technological advancements have certainly increased the ways data can be collected. Online surveys, text message data collection, and webcam observations are evolving as effective methods for quantitative research. This chapter also describes best practices for developing good survey questions.

Chapter 10, Quantitative Data Analysis Sections, in this part provides recoding data variables and missing data issues with useful best practices. This chapter also includes information on descriptive statistics, inferential statistics, and some basic-level parametric and nonparametric testing. Bundled with information from the previous chapters, this section guides the researcher through the steps needed for quality quantitative research.

To sum up, budgeting skill and emphasis on translating evidence and communicating public health information because of lack of these skills in many public health professionals. Author also highlights the broad coverage of qualitative research. Three chapters are dedicated to qualitative study design, data collection, and analysis. Each chapter provides enough information for readers to confidently plan and conduct a basic research project. Additional resources and examples are provided throughout the book to help guide students through their own research exploration. The chapters also include ancillary information and examples relevant to each topic.

Therefore, I utterly recommend the book “RESEARCH METHODS for PUBLIC HEALTH” because it is a good guideline for the readers. This offers the researcher perception of any biases or gaps in advanced studies and how the hassle is offered and addressed. The aggregate of those strategies could be extraordinarily beneficial in directing the look because it tries to clear up the modern challenge.