

# Research Journey



## 1 Identify research problem



Research starts with defining a problem which tackles a real-world issue. If you are working on PhD dissertation or Master's thesis, you already have an idea of what you are interested in exploring. If you are only thinking about a research topic, you get inspiration from a published articles, your own practice or talking to colleagues.



We can help with defining a problem that you would like to address, not too broad and not too narrow. We can also assist with preparing a research statement and research proposal.

## 3 Formulate research question(s)



Research question is more specific (and detailed) formulation of the research problem narrowing down the scope. It includes clearly defined terms and concepts, population of interest, instruments to measure outcomes.



We can help in transforming research problem into specific research question(s), as well as choosing validated instruments to measure outcomes of interest.

## 5 Collect & analyze the data



There are different ways of collecting research data: observational, interviews, surveys (both paper-based and online), creative art artifacts (for art-based research). Collected research data has to be analyzed using statistical techniques to scientifically answer research questions. The findings are then summarized and interpreted.



We can assist with designing a survey, organizing data collection, preparing data for analysis. And of course, we can run appropriate statistical data analysis, summarize findings and provide interpretation of results.

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## 2 Literature review



Searching published articles, Google Scholar, books, art therapy journals, conference posters and publications will help you to learn more about the topic of interest. This is critical step in academic research and meta-analysis projects.



We can guide you through formulating literature search query and extracting important details from published research such as study designs, methodology, instruments used, effect size. Effect size is needed for power analysis to determine the sample size required for the study.

## 4 Determine methodology and study design



Appropriate study design and methodology have to be chosen to answer research question(s). There are different types of methodologies that applicable in different situations: qualitative, quantitative, mixed methods, correlational, experimental, observational, etc. Ethics approval has to be obtained for most studies.



This is our main area of expertise. We can advise on suitable study methodology and design to ensure the results will answer research question(s).

## 6 Report, interpret and communicate the findings



After completing the study, it's important to communicate the knowledge to a larger audience. This is done through publishing an article, making a poster or presenting at the conference, discussing findings with colleagues online or in-person.



As published authors ourselves, we understand the process of having research articles submitted to journals and getting publications. We can help with preparing dissertation or research publication including APA formatting, proofreading, responding to reviewers or preparing for oral defence.