

Rooting Community in Your Research

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Steps to Community-based Participatory Research

Build	<ul style="list-style-type: none"> • Create relationships with formal leaders (key stakeholders, administration) and informal leaders (e.g., community members often sought for advice) • Demonstate commitment to community and study-of-interest
Experience	<ul style="list-style-type: none"> • Collaborate with leaders whom have experiene with topic or issue to begin learning unique needs of community • Collaborate with leaders whom have experiene with topic or issue to help normalize participation in program or serve
Collaborate	<ul style="list-style-type: none"> • Hold several meetings to learn about community (e.g., social locations, culture) and their needs and interests • With community, establish name and mission of project • Discuss feasibility of project and implementation steps
Give	<ul style="list-style-type: none"> • Plan how to give back to community • For example, provide service, information (e.g., pamphlet, report), publish articles or books chapter with community, and/or present with community at local, regional, national, and international conferences

Note. Adapted from Lamson (2017)

Overall strengths of CBPR	Overall challenges of CBPR
<ol style="list-style-type: none"> 1. Promotes community members as the experts of their community*^ 2. Better at translating research into practice and making it relevant to community^ 3. Can be used to begin repairing the relationships with populations that have been exploited by researchers* 	<ol style="list-style-type: none"> 1. Easy to fall back into hierarchical structure with researchers as “experts” on top^ 2. Making sure your ego is checked at the door ^ 3. Long-term commitment (1-2 years)*^ 4. Limited generalizability of results because of specificity to one community^

Note. *Katigbak, Foley, Robert, & Hutchinson, 2016; ^Mendenhall et al., 2014

Challenge	Tips and techniques
New Professional	
Tenure requirements	<ul style="list-style-type: none"> • Know your faculty and department handbooks • Scholarship/product expectations • Realistic expectations for engagement • Balanced research agenda
Funding	<ul style="list-style-type: none"> • Know your University's internal funding mechanisms and/or other University support (e.g., internal offices) • Leverage some of your start-up packages • Learn external funding mechanisms and University support structure for external funding
Student (and New Professional)	
Building relationships	<ul style="list-style-type: none"> • Joined existing project with faculty or agency • Assisted with any needs: cooking, substitute facilitator, identified evidence-based screeners, data collection, prepared presentations and handouts, booth host • Diligent/consistent about following through with service to community: "just showing up"
Time commitment	<ul style="list-style-type: none"> • Joined an existing project • Transparent in the beginning about short-term and long-term time availability
Relocation post-graduation	<ul style="list-style-type: none"> • Long distance collaborations • Warm handoff to new interested student

Helpful research methods for CBPR:

- **Concept mapping:** qualitative research method that is an inductive, structured group data collection procedure that develops a conceptual framework for how a specific community views a particular topic or aspect(s) of that topic (Burke, O'Campo, Peak, Gielen, McDonnell, & Trochim, 2005)
- **Logic models:** narrative or graphical representations of programs' situations, inputs and resources, outputs, and outcomes (McCawley, n.d.)

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