

Community-Based Participatory Research Curriculum

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What is Community-Based Participatory Research (CBPR)?

“A collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strengths that each brings”.

--W.K. Kellogg Foundation (2001)

What is CBPR?

- An orientation to research that alters researcher-community relationships
- CBPR is NOT:
 - "Community-placed" research
 - Sporadic or symbolic inclusion of communities
 - Basic research

Development of CBPR: Conceptual & Historical Roots

- Action Research (Social Psychology)
- Participatory Research & Participatory Action Research (Sociology, Anthropology)
- Feminist Theory
- Community Organizing
- Community-Oriented Primary Care

Present Day Context of CBPR

- CBPR becoming inclusive phrase to characterize participatory research approaches with an explicit social change focus
- CBPR taking place in Public Health, Medicine, Psychology, Sociology, Anthropology, Urban Planning, and other disciplines
- Increase in:
 1. Public and private funding for CBPR
 2. Academic institutions practicing and promoting CBPR
 3. Non-academic institutions promoting CBPR

Present Day Context of CBPR: Public and Private Funding

- National Institute of Environmental Health Sciences (NIEHS): ongoing program announcements for “community-driven research”
- Centers for Disease Control (CDC): first-time program announcement in 2002 to support community based participatory prevention research
- Agency for Health Care Research and Quality (AHRQ): small grants for participatory research

Present Day Context of CBPR: Public and Private Funding (cont...)

- W.K. Kellogg Foundation: ongoing support for Community Health Scholars Program that trains postdoctoral fellows in CBPR
- Annie E. Casey Foundation, Ford Foundation, Robert Wood Johnson Foundation: fledgling support for community-driven research projects

Rationale For Conducting CBPR

1. Improves the quality and validity of research
2. Enhances the relevance and usefulness of research data for all partners
3. Joins together partners with diverse skills, knowledge, and expertise
4. Strengthens the research and program development capacity of partners

Rationale for Conducting CBPR (Cont...)

5. Increases possibility of overcoming distrust of research
6. Provides additional funds and possible employment opportunities for community partners
7. Aims to improve health and well-being of communities, both directly through examining identified needs, and indirectly through increasing control of research process

--Isreal, Schulz, Parker, & Becker (1998)

Exercise

- What are the strengths, skills, competencies, and insights that community stakeholders could bring to your research project?
- What are the strengths, skills, competencies, and insights that you bring to your research project?

Initiating a Community- Based Participatory Research Project

Initiating a CBPR Research Project: Key Steps

1. Select the community with which to work
2. Select key community partners
3. Create joint ownership of study
4. Determine research question(s)
5. Design research study
6. Insert sustainability and action steps

Initiating a CBPR Project: Challenges

- Distrust of academic institutions
- Understanding communities' social, economic, & political landscape
- Time involved meeting and recruiting key partners
- Community dynamics
- Overextended community stakeholders
- Unequal power dynamics
- Unequal distribution of grant money
- Scientific rigor vs. community acceptability
- Staff turnover in community organizations

Initiating a CBPR Project: Facilitators

- Entrée through existing CBPR projects
- Community meetings/forums
- Monetary incentives for participation during planning
- Develop agreed upon norms and procedures
- Develop plans to evaluate partnership process
- Creation of Community Advisory Board

Data Collection in Community-Based Participatory Research

Data Collection in a CBPR Project

- No limitations to data collection methods that can be used (e.g., quantitative vs. qualitative) as long as agreed upon and understood by community

Key Considerations During CBPR Data Collection

1. How are instruments decided upon and developed?
 - Valid, reliable instruments vs. tailoring to local context?
 - Do “researcher” concepts/constructs need to be reworded/rephrased?
 - Processes for creating instruments?

Key Considerations During CBPR Data Collection (cont...)

2. Who collects the data?

- Is it possible to hire and train community residents?
- Does using community residents slow down the study?

Key Considerations During CBPR Data Collection (cont...)

3. Institutional Barriers

- IRB requirements (e.g., consent forms, research compliance training)
- Will funding source allow instruments to be modified and/or community residents to be hired?
- Are opportunities to publish diminished by modifying instruments?

Promoting Action Steps
and Community Change
Through
Community-Based
Participatory Research

Action = Making Research Count for the Community

How to make research count?

- Are a community's needs met through a research study?
- Do the community and researcher benefit from a research study?
- Action does not lag behind research/theory

Ways that CBPR Can Count for the Community

- Helping document and/or sustain effective programs, services, and interventions
- Translating interventions (efficacy → effectiveness)
- Promoting public policy and advocacy

Ways that CBPR Can Count for the Community (cont...)

- Creating products to help keep community organizations viable
ex.) brochures, fliers, videos, newsletters
- Promoting individual- and community-level empowerment