5 Key Lessons I’ve Learned About Health Behavior Research

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Conduct Translational and Sustainable Research

- Address serious health problems with research to address these issues
- Use data to make sense of health problems
- Develop evidence-based interventions
- Implement, test, and refine interventions
- Sustain best policies, programs, and practices with community partners
Conduct Community-Based Participatory Research

- Collaborate with community members to design and conduct research
- Interpret results with native members of communities being studied
- Engage community representatives to help develop, implement, and sustain new programs and policies
Conduct Transdisciplinary Health Behavior Research:

- Work with experts from relevant fields of study (health care, computer science, social science, public health, etc.)
- Ground research in powerful theories from multiple disciplinary perspectives
- Adapt research methods and application strategies from different fields of study
Use **Multiple Complimentary Research Methods** and Phases

- Design developmental research phases (formative, intervention design/testing, summative evaluation) **over-time**
- Combine qualitative and quantitative measures to collect deep, robust data
Work Locally, Nationally, and Globally

- Examine health issues at multiple sites, levels of analysis, and applications
- Identify unique and shared health risks
- Design culturally-sensitive health interventions
- Promote broad health collaborations