

The Johns Hopkins Institute for
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The Nuts and Bolts of Community-Based Participatory Research

April 12, 2013

Sponsored by:

The Johns Hopkins Institute for Clinical and
Translational Research

Community Engagement Core

Definitions and Characteristics of Community-Based Participatory Research

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January 27, 2012

Johns Hopkins University
Institute for Clinical and Translational Research
Nuts and Bolts of CBPR

Objectives of Today's Workshop

- To provide participants with an understanding of community-based participatory research (CBPR) definitions and characteristics
- To illustrate via case examples how existing community-university partnerships have started and implemented projects that incorporate CBPR principles
- To provide participants with an opportunity to ask questions of CBPR “experts” related to starting a community-university partnership

What is Community-Engaged Research?

- Research that involves community in the research process
- Broad spectrum of community-engaged research
 - Community-placed/based; **no** community-researcher collaboration
 - Community-placed/based; **some** community-researcher collaboration
 - Community-based participatory research

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 CBPR is NOT

1. “Community-placed/based” research
2. Sporadic or symbolic inclusion of communities
3. A specific method or research design

Characteristics of CBPR

1. Collaborative, equitable partnership in all phases of research
2. Community is the unit of identity
3. CBPR builds on strengths and resources of community
4. CBPR fosters co-learning and capacity building
5. Balance between knowledge generation and benefit for community partners

Characteristics of CBPR (Cont...)

6. CBPR focuses on problems of local relevance
7. CBPR disseminates results to all partners and involves them in wider dissemination of results
8. CBPR involves a long-term process and commitment to sustainability

Israel, Eng, Schulz, & Parker (2005). Introduction to Methods in Community-Based Participatory Research for Health. In Methods in Community-Based Participatory Research for Health.

Present Day Context of CBPR

- CBPR becoming inclusive phrase to characterize participatory research approaches with an explicit social change focus
 - Those within the social sciences may refer to this approach as participatory research or participatory action research
- CBPR taking place in Public Health, Medicine, Psychology, Sociology, Anthropology, Urban Planning, and other disciplines

Why is CBPR Relevant for Clinical and Translational Research?

- Widening socioeconomic and health disparities
- Length of time to translate research into practice
- Difficulty in moving from efficacy to effectiveness

How is CBPR Relevant for Clinical and Translational Research?

1. Development of research questions that reflect health issues of real concern to community
 - Community helps select health topic AND define research question(s)
 - Local knowledge about a health topic is combined with research/data
 - Needs assessments common in early phases of CBPR projects

How is CBPR Relevant for Clinical and Translational Research?

2. Development of recruitment and retention strategies

--Where should recruitment take place?

--What are incentives that will keep participants engaged?

--Are there community-based organizations that can destigmatize participation in study?

--Can community members be hired to help with recruitment and retention?

How is CBPR Relevant for Clinical and Translational Research?

3. Development of contextually/culturally appropriate intervention strategies
 - Selecting time and location of intervention
 - Identifying skills/experiences needed for intervention staff; hiring community members to fill these roles
 - What experience does the community have with other interventions?

How is CBPR Relevant for Clinical and Translational Research?

4. Translating efficacious intervention into new and/or community settings
 - Variability in culture, resources, organizational capacity, etc.
 - CBPR emphasizes working with local stakeholders to create adaptations to new, diverse settings
 - Adaptations take advantage of strengths/resources of community setting

How is CBPR Relevant for Clinical and Translational Research?

5. CBPR can improve reliability and validity of measurement tools and process for data collection
 - Selection of appropriate instruments and/or creation of appropriate questions if existing instruments do not exist
 - Hiring and training community members to assist with data collection can help with language/cultural barriers and apprehension about joining research study

How is CBPR Relevant for Clinical and Translational Research?

6. CBPR can assist in interpretation of research findings and increase relevance/usefulness of findings
 - Are researcher interpretations of data the same as community?
 - What if data do not show expected direction/hypothesis—can community partners help interpret?
 - How should data be presented to the community in a way that community benefits from findings?

How is CBPR Relevant for Clinical and Translational Research?

7. CBPR can help in sustaining programs beyond initial grant period
 - Through community stakeholders' networks, integration of programs with existing programs/structures can be facilitated
 - Local ownership of intervention/program likely to be greater because of ongoing collaboration
 - Capacity of community partners has been built during project