Scientists conduct different types of research depending on the specific disorder, treatment, or service they’re studying. Some of the different types of studies conducted in the mental health field are listed below:

**Types of research**

- **Treatment research** (also called a “clinical trial” or intervention research) is done to test new medicines or new types of therapy.
- **Prevention research** looks at ways to keep disorders from happening, or keep them from coming back (for example, through stress management programs).
- **Diagnostic research** seeks to improve ways of identifying and diagnosing specific disorders or health conditions.
- **Screening research** looks to improve ways to detect specific disorders or conditions.
- **Genetic research** looks into the ways inherited factors (genes) and illnesses are related.
- **Epidemiology studies** seek to discover the causes, patterns, and control of disorders in large groups of people.
- **Quality of life research** (also called “supportive care” research) searches for ways to improve the resources and daily comfort for those living with illness (for example, treating depression in dementia caregivers to improve the caregiver/recipient relationship).

**Scientists and medical workers who conduct mental health research**

- Psychiatrists and psychologists
- Social workers
- Medical health professionals (nurses, doctors, etc.)
- Research scientists
- Pharmaceutical companies

**Who can participate in a research study?**

The conditions that determine whether someone is eligible to participate in a research study are called inclusion (eligibility) and exclusion (non-eligibility) criteria. These criteria help researchers determine the specific group of participants who have the condition of interest, but do not have other conditions that may negatively affect the study results.

**Reference**