

# what is community-based participatory research?

**Community-based participatory research, or CBPR, is a respectful, equitable process that involves a collaborative partnership between researchers and community members.**

- CBPR begins with identification of a specific concern within a community – either determined by the community itself or with help from the research team.
- Researchers respectfully introduce themselves to the community, get to know its members, and work as equal partners in all phases of the study – from deciding the research question, to developing the methods to be used, to addressing day-to-day problems, to guiding outcomes, to sharing the results with others.
- At all times, community partners are highly valued, respected without judgment, and treated as equals by the research team.
- Influence and responsibility is balanced between the researchers and community partners – to ensure the study is conducted *with* the community rather than *on* a community.
- The CBPR process is continually adjusted to reflect the needs of the research partnership.

**community research**



**partners**

working together – helping each other

## community resources

**The following links provide useful information to community members interested in learning more about community-based participatory research as it relates to mental health needs.**

sponsor/title	site location	annotation
MedlinePlus – Mental Health Page	<a href="http://www.nlm.nih.gov/medlineplus/mentalhealth.html#research">http://www.nlm.nih.gov/medlineplus/mentalhealth.html#research</a>	Comprehensive informational site focusing on mental illness. Resource includes details about particular mental conditions, as well as news, coping, organizations, and related issues. Much of the information is available in Spanish and other languages.

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National Institute of Mental Health (NIMH) – Mental Health Topics	<a href="http://www.nimh.nih.gov/healthinformation/index.cfm">http://www.nimh.nih.gov/healthinformation/index.cfm</a>	This page from the NIMH website provides a list of signs and symptoms, along with diagnosis and treatment information for a variety of mental health concerns.
National Alliance on Mental Illness (NAMI)	<a href="http://www.nami.org/Hometemplate.cfm">http://www.nami.org/Hometemplate.cfm</a>	The NAMI website provides information about major mental health disorders, treatments, and research; identifies support resources (local NAMI offices, online communities, consumer groups); and offers real life stories of families and individuals coping with mental disorders. All information is available in Spanish.
NIMH – A Participants' Guide to Mental Health Research	<a href="http://www.nimh.nih.gov/Publicat/clinres.cfm">http://www.nimh.nih.gov/Publicat/clinres.cfm</a>	This link provides access to a booklet offered by NIMH for persons who are considering joining a research study. The site offers visitors a comprehensive look at the entire research process. Of particular interest is the information relative to the decision-making process. The site also presents information about how research improves health care.
Dept. of HHS/Office for Human Research Protections (OHRP)	<a href="http://www.hhs.gov/ohrp/outreach/questions.html">http://www.hhs.gov/ohrp/outreach/questions.html</a>	On this web page, the OHRP recommends 10 questions individuals should ask researchers before agreeing to participate in a research study.
Veteran's Administration (VA) – "I'm a veteran, should I participate in research?"	<a href="http://www.research.va.gov/programs/pride/veterans/vet-research-booklet.pdf">http://www.research.va.gov/programs/pride/veterans/vet-research-booklet.pdf</a>	Although this booklet was written for veterans and mentions issues such as VA benefits, it provides a thorough, appropriate guide to the basic questions and concerns any potential research participant may have. The text is written in concise language and clearly communicates information about research to the non-scientific audience.

**Terra Nova Learning Center offers an online course for researchers on this topic, titled "Community-Based Participatory Research for Improved Mental Health." More information is available at <http://www.terranovalearning.com>.**