

Tool

Health research methods cheat sheet

Digital futures

Aim:	To explore young people's perspectives of digital health futures and develop scenarios for shared learning and decision-making across adolescent health research, policy, and practice.
Research Question	How do young people envision possible futures about the interrelationship between healthcare, technology and society?
Research Method	Scenario Planning
Key Readings	Key reading: Thinking seriously about how things change (short blog by Matt Finch) Additional resource: Introduction to scenario planning (60 minute webinar by Matt Finch)
Key Points	In the context of adolescent health research, scenario planning is a method which can help to: i) Identify future challenges and opportunities about complex issues with a systems-thinking approach e.g. exploring the interrelationship between healthcare, technology, and society (in contrast to examining issues in isolation). ii) Include perspectives of diverse participants to generate a range of future scenarios, or possibilities e.g. with young people who are traditionally not included in long-term, or strategic, planning. iii) Inform shared learning and decision-making about rapid social, technological, and ecological change e.g. re-framing adolescent health research, policy, and practice in systemic and inclusive ways with young people.

Tool

Health research methods cheat sheet

Exploring young people's voices in health-related discussions on Reddit

Aim:	To investigate the peer-led discussions about key health matters on teenagers' communities on Reddit.
Research Question	How do young people discuss health in user-led digital platforms? Exploring young people's voice in health-related discussions on Reddit.
Research Method	Unobtrusive digital ethnography
Key Readings	Hine, C. (2015). The Internet in Ethnographies of the Everyday. In <i>Ethnography for the internet: Embedded, embodied and everyday</i> (1st ed., pp. 157-180). Taylor & Francis Group.
Key Points	The Internet can be a site for observing mundane life practices. Unobtrusive methods involve obtaining data without direct contact with participants by observing their online behaviors. The benefits of unobtrusive methods help with phenomena that are difficult to talk about, or provide a more frank account than, for example, interviews.

Tool

Health research methods cheat sheet

Education and logistical strategies improve adolescent psychosocial outcomes and experience of Human Papillomavirus (HPV) vaccination: a cluster-randomized controlled trial

Aim:	To examine the impact of an HPV education and logistical intervention on adolescent psychosocial outcomes.
Research Method	Cluster-randomized controlled trial and process evaluation
Key Readings	Cristyn Davies et al., (2017) 'Is it like one of those infectious kind of things?' The importance of educating young people about HPV and HPV vaccination at school, <i>Sex Education</i> , 17:3, 256-275, DOI: 10.1080/14681811.2017.1300770
Key Points	<p>In medicine, randomised controlled trials (RCTs) are considered the most rigorous way of determining whether a cause-effect relation exists between treatment and outcome, and for assessing the cost-effectiveness of a treatment. Generally, the unit of control in a RCT is an individual subject (patient). In a cluster RCT, groups of subjects (such as schools) are randomised to receive an intervention or act as a control (usual practice) rather than individual subjects (such as students). Process/implementation evaluation determines whether program activities have been implemented as intended and resulted in certain outputs. As part of the process evaluation, we conducted qualitative research. Qualitative research designs use ethnographic methodologies that focus on the close observation of social practices and interactions. Ethnography is a qualitative research process that seeks to understand people, societies, cultures, and institutions and the practices and processes that characterise their experiences, beliefs, attitudes, perceptions and knowledge. It has been used as a way of accessing participants' beliefs and practices, allowing these to be viewed in the context in which they occur and thereby aid understanding of behaviour contributing toward health and illness.</p>