

WHAT IS RESEARCH?



SPINAL RESEARCH INSTITUTE | CONSUMER ENGAGEMENT PROGRAM

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Research is a systematic investigation to increase knowledge. It involves identifying a hypothesis to be investigated, collecting and analysing data, and disseminating the findings.

The overall purpose of spinal cord injury (SCI) research is to improve the everyday quality of life of people who have an SCI. Research areas may focus on functional recovery, rehabilitation, pain management, bladder/bowel management, sleep, and fatigue.

Spinal cord injuries are diverse and unique, therefore any topic that may improve quality of life can become a research question.



4 TYPES OF SCI RESEARCH

1

Exploratory research: What causes spinal cord injuries and secondary complications?

Exploratory research seeks to identify the cause of a particular problem. Understanding a problem's cause may lead to further research into treatment/intervention of the issue.

2

Clinical research: How do we treat aspects of spinal cord injuries?

Clinical research is aimed at developing and testing treatments in healthcare. Treatments may include the development of medications, medical devices, diagnostic products and treatment practices.

3

Social research: What is the social impact of having a spinal cord injury?

Social research aims to examine trends in society or groups and identify correlations and causes. For example, research may investigate the impact that a spinal cord injury has on the ability to participate in areas such as employment, recreation and relationships.

4

Psychological research: What is the psychological impact of having a spinal cord injury?

Psychological research examines an issue's psychological impact and can involve psychological treatments and interventions. It could examine the prevalence of certain mental disorders, such as depression and anxiety, in specific demographics. It can also focus on positive influences that affect positive mental health living with an SCI.

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