An Introduction to Community-Based Participatory Research (CBPR)

Presented by
Amina D. Massey
Coordinator of Community-Based Participatory Research
Xavier University of Louisiana

www.lacats.org
What is Community-Based Participatory Research (CBPR)?

- Ongoing collaboration between researchers and community members
- Includes the participation of people affected by the research
- Addresses problems and identifies assets within the community
- Produces sustainable improvements in the quality of life for the community involved
Advantages of CBPR

- Addresses community needs and priorities
- Combined expertise and resources of community members and researchers
- Considers social determinants of health
- Produces actionable outcomes

Increased relevance and validity of research
## Advantages of CBPR

<table>
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<tr>
<th>Improvements in relationship between researchers and community</th>
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<td>• Researchers are accountable to non-academic communities</td>
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<td>• Bridges gaps in understanding and knowledge</td>
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<td>• Community inclusion and ownership facilitates trust</td>
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<td>• Changes the power dynamic of traditional research</td>
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<td>• Increased likelihood of future collaborations in research and programming</td>
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Advantages of CBPR

Sustainable interventions and improvements in quality of life

• Sustainable results and ongoing partnerships

• Awareness of problems and assets in the community

• More effective interventions to promote health and wellness

• Increased education and self-advocacy among community members

• Develop leaders, build teams, strengthen networks
Principles of CBPR

1. **Recognizes community as a unit of identity.**
   *Community* is more than a group that has a characteristic in common. A community is a network of individuals with shared meanings, history, activities and/or identities. The boundaries of a given community are determined and maintained by its members.

2. **Maximizes the strengths and resources of a community.**
   In addition to addressing problems, researchers support community development by identifying and building upon assets.

3. **Facilitates a collaborative partnership in all phases of research.**
   Researchers and community members are informed, included, and involved throughout the process.

4. **Connects knowledge generation to intervention development.**
   Research findings are integrated into plans to affect positive change.

5. **Facilitates capacity building among all partners.**
   Researchers and community members learn from each other and develop new skills in all phases of the research.

Adapted from Israel et al. (Eds.) 2012. “Methods in Community-Based Participatory Research for Health, 2nd Edition.”
Principles of CBPR

6. **Involves a cyclical and iterative process.**
The development of a CBPR partnership requires constant re-evaluation and improvement.

7. **Focuses on comprehensive systems and multiple determinants of health.**
With the benefit of the experiential knowledge of community partners, CBPR employs definitions of health that include physical, mental, emotional, economic, environmental, and social factors.

8. **Disseminates findings to all partners, and involves them in community education efforts.**
All research outcomes are communicated through channels accessible to academics and community members. Findings may also inform policy and community advocacy.

9. **Involves a long-term process and commitment to sustainability.**
Developing a CBPR partnership can be slow and challenging work. It requires relationships of trust, accountability, open communication, and creative problem-solving. Once established, a partnership can continue as a “learning organization” well worth the investment.

Adapted from Israel et al. (Eds.) 2012. “Methods in Community-Based Participatory Research for Health, 2nd Edition.”
Guidelines for Implementing CBPR

1. Partners agree on a mission, goals, and intended outcomes.
2. Partners earn and maintain mutual trust, respect, and commitment.
3. Partners focus on identified strengths and needs of the community.
4. Partners have clear communication and transparency in decision-making.
5. Partners provide feedback and use all feedback received.
6. Partners have a governance structure to define roles, norms, and process.
7. Partners have relationships with community leaders and organizations.
8. Partners use existing structures (churches, schools, community centers) to incorporate solutions into their mission.
Phases of CBPR

Development
- Selection of issue for investigation
- Needs assessment and resource mapping
- Proposal development (framing)
- Study design and ethical guidelines

Implementation
- Recruitment and retention
- Data collection
- Evaluation and modification

Interpretation and Dissemination
- Data analysis
- Dissemination of data in multiple contexts

Intervention
- Sustainable application of findings
- Community education and advocacy
- Intervention development and implementation
Potential Challenges of CBPR

**Collaboration**
- Representing diversity within the community
- Educating team in principles and ethics of CBPR
- Time and commitment required to build and sustain successful partnerships
- Coordination among multiple stakeholders
- Creating strong partnerships of mutual trust

**Project development**
- Competing priorities among partners in defining the issue for investigation
- Connecting research question to action for change (potential intervention)
- Developing consistent ethical protocol relevant to community expectations
- Developing appropriate methods and measurements

**Project implementation**
- Developing strategies for democratic decision-making and effective communication
- Facilitating and measuring community participation
- Ensuring capacity building among all partners
- Reporting results within multiple contexts (academic and community)
Role of the Community Advisory Board

**ENGAGE**
- Provide leadership for community participation
- Communicate with members of your community to gauge shared concerns and priorities
- Participate in community education and advocacy
- Spread information about the collaboration within the community

**STRATEGIZE**
- Assist in choosing and framing the research question
- Participate in developing an appropriate study design
- Establish connections between research and intervention development

**ADVOCATE**
- Provide information about community strengths and resources
- Provide feedback on ethics and relevance of research
- Share relevant meanings and information in the process of interpreting data
What does CBPR look like?

**KEEPS RESEARCH RESPECTFUL, ACCESSIBLE, AND SocIAFlY RELEVANT**

- **Community**
  - Meets Community Priorities
  - Has Community Relevance
  - Ensures Accessible Instruments
  - Ensures Safe & Effective Recruitment
  - Publicizes Findings
  - Helps Community

**DEVELOPMENT**
- Focus of Inquiry / Problem Definition
- Study Design
- Funding
- Has Scientific Value
- Meets Funder Priorities

**IMPLEMENTATION**
- Recruit Participants
- Collect Data
- Analyze Data
- Ensures Safe & Scientifically Appropriate Recruitment
- Ensures Scientific Rigor

**DISSEMINATION**
- Draw conclusions
- Design interventions
- Translate findings
- Builds on Theory
- Publishes Findings

**KEEPS RESEARCH SCIENTIFICALLY SOUND AND ACADEMICALLY RELEVANT**

Researchers
References


Thank you!

Questions? Comments?