



# Handbook for Beginning Mental Health Researchers

*Charlotte Sanborn*

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## **Handbook for Beginning Mental Health Researchers** Charlotte Sanborn

In fulfilling the need for a beginner's manual in mental health research, the authors have written an insightful exposition of the fundamental factors essential to good research. This articulately written manual teaches how to formulate a clear hypothesis, select a representative population, conduct a valid study, and describe results in an intelligible manner. The experienced authors thoroughly explain the need for acquiring a research attitude--an inquiring and critical mind--and then discuss how mental health research is done, using anecdotal case reports, studies with only a few variables, and complex investigations of multiple variables as examples. A wide range of research possibilities is explored, including those that require little or no financial support.

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