**[Karly Merkle](https://ashford.instructure.com/courses/77436/users/236795" \o "Author's name) post to week 4 discussion 1**

Recommend a Qualitative Design

        For this discussion you will take on the role of a clinical psychologist treating clients for depression. You are interested in doing research on effective treatments for a chronic form of depression called *dysthymia*. In the *DSM-5*, it is referred to as *persistent depressive disorder.*

      An aspect of the study that I feel should be researched using qualitative research is what occurs before the individual suffers from this disorder. Since qualitative research is based on no numeral observance, it is important to view or observe the behaviors before the onset of the depression. By observing the behavior before hand you can identify some key triggers that may induce these types of feelings and emotions.

**Identify an aspect of this topic you feel should be studied using qualitative methods**:

           As stated in the DSM- 5 individuals that suffer from dysthymia can suffer with these feelings all day to almost two years. Children and adolescents suffer from these feelings a little less about one year (APA, 2013). Since qualitative research is based on first hand experience it is beneficial for the psychologist to observe and document these episodes early on in the individuals life. When a clinical psychologist observes the individual in a natural setting they can observe how the individual behaves and deals with daily life. A key example to observe is if the child or adolescent has lost a significant person in there life. It is stated in the DSM-5, that if a child or adolescents has lost someone it could be an early onset for the depressive disorder to occur (APA, 2013).

**Apply the scientific method to this research issue and develop a specific research question:**

The scientific method that I would choose when observing this specific topic would be that of a narrative approach. Qualitative research is based on observing then summarizing and interpreting in a narrative report. Since qualitative research is not base don numbers and numeral data, the data should be objective since you are observing and recording what is being observed (Frost, 2011). One major component to writing a qualitative research is to make sure that all bias beliefs are not influenced through the observation. A specific research question that I would ask would be, what kind of experiences have you dealt with while dealing with depression?

**Compare the characteristics and appropriate uses of various qualitative research designs and choose an appropriate qualitative design for this research question:**

The characteristics based on the narrative analysis approach are that the research is based on the accounts of the participants and there feature of the story. Since we are dealing with individuals suffering from depression it is important to here and understand their perspective on how they are feeling. There are different analytical models that can be used when following a narrative research approach. A characteristic when writing the narrative is to write is as a reader rather than that of interpretation (Frost, 2011). Not only does a narrative approach function as a method of remember, structure and experiences, it also observes the complexities of human experiences.

**Create a feasible research design that includes plans for the sample selection, data collection, and data analysis:**

A feasible research design would be:

1. Define the aim of the research: those that suffer with depression
2. Choose the data collection method: the data collection would be qualitative (narrative)
3. Data collection procedures: interviews/ focus groups with those that suffer with some form of depressive disorders. Creating a data management, while choosing this procedure it is important to provide safeguards so there are no threats to sensitive information.
4. Collect the data: survey with open and close-ended questions.

**Apply ethical principles to your design by explaining how this type of qualitative design may affect the participants in your study and how you will deal with sociocultural issues:**

The ethnical principles would be to let the participants and that is being recruited to know that there are confidentiality agreements, the information sheet will be provided with details regarding the research questions and the participant’s rights. It is important when choosing a narrative research that you ensure extra care (Frost, 2011). Personal identifiers will be changed or removed since most of the research is personal experiences. The issues that could arise would be that of personal information, since you are dealing with observable experiences it is important to keep their information safe and private. As a psychologist it is also important to make sure the effects and considerations regarding the research does not affect the participants.

Reference

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.

Frost, N. (2011). *Qualitative research methods in psychology.*New York, NY: McGraw-Hill.

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