

# **Report from the course Mixed Methods in International Health Research**

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From 8<sup>th</sup> of July to 19<sup>th</sup> of July 2019, I attended a postgraduate tropEd course on Mixed Methods in International Health Research at Heidelberg Institute of Global Health in Germany.

A total of 11 participants from different countries and academic backgrounds took part in the course. The main topics of the course were 1. Epistemological approaches in research, 2. Quantitative and qualitative methods of research in international health and how to design a mixed methods study, and 3. Case studies and application of mixed methods.

It was particularly interesting to learn about different ways of combining quantitative and qualitative approaches in health research. The lectures focused on mixed methods study design with emphasis on how to formulate a mixed methods research question. Additionally, we were given an overview of how to assess validity in mixed methods research, and the challenges of reconciling discordant results were also highlighted.

Even though it may be difficult to include both methodologies, it can potentially provide a more comprehensive understanding of the research topic. By attending this course, I now appreciate the value of including both quantitative and qualitative methods in research. I have also learned more about how, why and when to conduct mixed methods studies.

Throughout the course, we presented our own research projects, took part in tutoring sessions, received feedback and wrote individual research protocols. The protocol was supposed to describe a mixed methods study with research question and objectives, choice of methodology, sampling strategy and plans for data collection and analysis.

The course was held at the oldest university in Germany located in the beautiful town of Heidelberg. If you are interested in mixed methods, you should definitely take part in this course – and remember to try a delicious brätzel while you are there. Thank you to the Norwegian Research School of Global Health for kindly supporting my participation in this course – it was an interactive, interesting and truly inspiring course.