
What is research?

Research is something that we do in our day-to-day life to find answers to things that we don't know but would like to know about.

For example, if you want to go to another city and you don't know how to get there, you need research to find out what transport you can use, what times it leaves and how much it costs. Research is all about finding answers and how we going to find them.

Who can do research?

Anyone can do research!

You don't need a degree or any sort of skills or education qualifications to do research. All you need is curiosity, determination, motivation, and a willingness to learn something new.



How is research done?

Research is done by asking a question and having a way of finding out the answer. For example, if you want to know what mental health means for survivors, you can read books, articles and any other information you can get, and do your own research. Here is a step-by-step guide from the [Virtual Library](#) to help you.



The Research Process works in a cycle, and has six stages:

- Initiate
- Locate
- Select
- Organise
- Present
- Assess

How can I get involved in research?

As a survivor if you want to get into research, you can be a participant, advisory board member or peer researcher, whichever you think works best for you. Whatever you choose, you can decide what information is important or relevant to the study as a survivor.

Being an advisory board member or peer researcher helps you:

- ✓ Gain knowledge and life experience
- ✓ Meet other survivors
- ✓ Gain confidence
- ✓ Get new skills that you can use in your day-to-day life, for example time management and prioritisation



You should also get a certificate that will look good on your CV.

There are rules and guidelines which research teams should follow during the research, and these are discussed on the next page.