

Research methods in Clinical Nutrition and Dietetics (140502473)

Course description:

This course describes the scientific methods required for robust clinical nutrition and food science research to ensure thorough understanding of key concepts.

Course objectives:

- To become familiar with the scientific method
- To understand the various method for conducting research
- To determine appropriate statistical analysis for each study design
- To analyze important research terms and techniques
- To evaluate/interpret/critique scientific literature
- To enhance students' critical thinking capabilities
- To improve the students' literacy skills through readings, discussions and examinations

Teaching tools:

- Lecture presentations
- Web links.
- Activities

Tentative course outline:

Introduction

Stating research question

Writing a proposal

Measurements and type of data statistical analysis

Assessment methods Validation Studies

Study designs and critique articles

Cross-sectional studies and activities

Cohort studies and activities

Case control studies and activities

Experimental studies and activities

Systematic reviews and meta-analysis

Textbook:

Lovegrove, J.A., Hodson L., Sharma S., Lanham-New S.A.
2015. Nutrition Research Methodologies, John Wiley & Sons,
Ltd., Chichester, West Sussex, UK.

References:

1. Gunnar Johansson (2014) Nutritional epidemiology. Dietary assessments: use, design concepts, biological markers, pitfalls and validations. Halmstad University Press
2. World Health Organization (2001). Health research methodology: A guide for training in research methods