

CMED305 course
Tutorial: Developing a RQ, Objectives & Hypotheses

Exercise: Develop a Research Question, Objectives and Hypotheses of any research topic of your interest.

Research Question: Typically, a question must start with **Does, How, What, When, Which, etc.** The more specific the question, the easier it will be to determine the objectives and hypotheses. The question must address something that can be measured.

Write your Research Question _____

_____ ?

Conditions	Check if OK
Feasible	
Cost	
Availability of subjects	
Time constraints	
Availability of facilities and equipment	
Cooperation of others	
Interest of the researcher	
Expertise of the researcher	
Interesting	
Novel	
Ethical	
Relevant	
To scientific knowledge	
To clinical and health policy	
To future research	

Example of a question: Is dietary intake of saturated fats over a period of xx months is associated with risk of coronary heart disease in Saudi adult population.

Objectives

The project objectives are the main results of the study related to the research question. Objectives usually start with verbs like “to determine”, “to examine”, “to investigate”, “to explore”, or “to evaluate”.

Write your Research Objectives

1. _____
2. _____
3. _____

Conditions	Check if OK
SMART	
Specific	
Measurable	
Achievable	
Relevant	
Time bound	

Example of objectives: To determine the relationship of diet intake of saturated fats over the past one week* and blood levels of low density lipoprotein (LDL) in Saudi adults attending primary care clinic.

(need to contain person place time)

**could be daily*

Hypotheses

Each of the objectives must have at least one hypothesis to test. If the hypothesis is true, then the data will show certain relationships. Each hypothesis should have an outcome (prediction), typically derived from existing knowledge reviewed in the literature.

Write your Research Hypotheses:

1. _____
2. _____
3. _____

Conditions	Check if OK
Not a question	
Written according to objectives	
Expected relationship between variables clearly stated	
Outcome is written (Prediction)	
Testable	

Examples of hypothesis: It is hypothesized that average daily/weekly intake of saturated fat in Saudi adult population attending primary care clinic is more than 20% of recommended intake when measured by xxx test and yyy standards to define dietary saturated fat intake.