



# **A Handbook for Action Research in Health and Social Care**

*Carol Munn-Giddings, Richard Winter*

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Action research is a form of research closely linked to practice which can readily be undertaken by practitioners and service users. This handbook offers a comprehensive guide to action research as a strategy for inquiry and development in health and social care. It can be used by individuals or groups working independently on their own projects or as a basis for a tutor-led course. It features

- \* an introduction to the theories behind action research and other forms of research related to it
- \* lively case studies from social work, nursing, mental health care and community work
- \* a step-by-step study guide.

The theoretical section of the book provides a general definition of action research, compares action research with other forms of social research, outlines the nature of a 'culture of inquiry' in the workplace, and describes the links between action research and service-user research, management, community development, evaluation, reflective practice, feminist research and anti-racist research.

This practical study guide covers issues such as preparing a proposal, ethics and principles of procedure, gathering and analysing data, writing a report, the links between action research and critical reflection. It will be particularly useful for groups wishing to undertake action research on an independent basis

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