NIHR | Research Support Service

Specialist Centre for Public Health
delivered by Newcastle University and Partners

Induction session: Introduction to research inclusion

Purpose of this resource:

- This is an induction session for public and community contributors that can be adapted for your organisation
- It can be delivered online or in person
- A slide deck is available to support the session

Session plan

- The following plan is for a 1-hour session.

Timing	Topic	Activity	Key messages
5 minutes	Introduction to the session	Presentation	By the end of this session, you will - Understand what we mean by research inclusion - Understand why research inclusion is important - Have an initial understanding of how to make research projects more inclusive - Understand the important role of public contributors in research inclusion
5 minutes	What is research inclusion?	Presentation	NIHR describe their approach to research inclusion in their 2022-2027 Research Inclusion Strategy: *"To improve health and care for everyone, research must include everyone. That's why we're committed to making research more inclusive, removing barriers, reaching underrepresented communities and ensuring our work reflects the diversity of the UK to improve the health and wealth of the nation through research.* *We use 'research inclusion' to describe our mission of addressing inequalities related to various groups. In addition to the protected characteristics of the Equality Act 2010, we focus on disparities linked to socioeconomic status, geographic location, and access to health and care. Considering this multifaceted approach is key to our goal of improving the nation's health and wealth through research. At NIHR, research inclusion means applying an inclusive lens throughout the research process."*
	Why does research inclusion matter?	Presentation	Research on the wider determinants of health aims to improve the health of local communities and to reduce inequalities. We know that at present there are differences in life expectancy in different parts of the UK and for different communities in this area.

			We suggest you add an example of what inequality looks like in the area covered by your local authority. Research has the potential to tell us: ● How are wider determinants of health (such as education, employment, housing) impacting on the health of different communities? ● Who is being served and not well served by the services that seek to reduce inequalities and improve health? (Add example from your local authority area). ● What barriers prevent some individuals and communities from accessing services? However, we know that research is not currently serving those most in need and that some communities are less likely to participate in research. You may wish to add some past examples of research which has not been inclusive and to build in further opportunities for discussion if time permits. Some examples are available here: Historical context and structural inequality This is problematic because it means: - The findings from research may not reflect the experiences of all groups or those most affected by an issue - Changes to service delivery or policy made in response to research findings may not benefit those most affected by an issue - Ultimately this could mean that health inequalities are not reduced. Importantly, local authorities have a statutory duty to consider how their functions (including research) will affect people with different protected characteristics. These functions include their policies, programmes, and services. Research can support good

			decision-making by helping decision-makers understand how their activities affect different people, but it is essential to ensure that research activities themselves are inclusive. We need to think about how we design research that includes all communities and especially those experiencing the most health inequalities. As public contributors, you play an important role in supporting us to design inclusive research.
10 minutes	Research inclusion throughout the research cycle	Presentation	Before we discuss the public contributor role in more depth, it is helpful to think about some key questions to ask around research inclusion: ● Who is most affected by this issue? ● How can we engage with and recruit research participants from these communities? ● What research methodology would be most appropriate for these communities? ● What additional measures need to be put in place so that research participants can fully participate e.g. translation of materials, verbal consent? ● How will you measure who has taken part in your research/ the communities you have reached? ● How could your research findings have a positive impact for the communities involved? ● How will you share your findings in an accessible way? ● What resources and budget will you need to ensure your research is inclusive?
5 minutes	The role of public contributors	Presentation	Ask participants - How do you think public contributors can help make research more inclusive? Then move onto the following slide:

			Public contributors play an essential role in identifying how research can be made more inclusive. This can include: ● Making research more relevant and more likely to benefit the public. ● Helping to define what is acceptable to those taking part in the research. ● Making the language used in a research project more accessible (including making it easier for prospective participants to understand the research and potential risks). ● Improving the experience of those participating in research. ● Identifying ways to enable under-represented communities to take part in research (and to support successful recruitment). ● Improving the communication of findings to those taking part in the research and the wider public. ● Adding accountability by asking questions around how inclusion related requirements are being met Public contributors bring a wide variety of experience including from their background and things that have happened in their lives. It is important to recognise the richness of these experiences and how they can inform research.
30 minutes	Activity – designing a research activity that is inclusive	Group discussion	Divide the participants into small groups and give them the following scenario: A housing officer is interested in understanding the experiences of individuals living in council owned properties and who can access funding to improve heating and insulation. From monitoring data, the officer knows that 15% of those eligible to apply for the fund speak English as a second language, 45% have a disability or long-term condition and 30% are aged over 65. Many families that are eligible for the funding are not applying and the housing officer would like to understand why.

			What advice would you give the housing officer to ensure that research includes diverse perspectives and experiences from all communities? You may find it helpful to consider the following: What would make it easier for the groups mentioned above to take part in the research? How could information about the research project be communicated in an accessible way? What could be put in place to make community members feel more comfortable about taking part? Invite each group to feedback some of their main reflections from the activity.
5 minutes	Questions and session close		Invite the group to share any questions and highlight further training and resources they can access as a public contributor.