**Sierra R post to week 5 discussion 1**

The mixed-method is a type of research made up of qualitative and quantitative research to better answer diverse research questions. I initially stated that I wanted to use mixed methods in my research proposal for week six. After we have gone over different methods and got a more profound understanding, I will reevaluate my research type.

**Research question**

My research question is: Does Post-Traumatic Stress Disorder have a co-occurrence with Alcohol Use Disorder? The study focuses on the likelihood of individuals that have Posttraumatic Stress Disorder do correlate with Alcohol Use Disorder. Many different research designs can be used to help see a co-occurrence within the study.

**Mixed Methods**

Mixed method research is a type of research that can answer questions from qualitative and quantitative research. There are many reasons why mixed methods can be the better option when researching a co-occurrence with PTSD and AUD. There are five reasons why mixed methods can help explain the research.

1. "Triangulation- is the use of more than one method while studying the same researcher's question to examine the dimensions of the research problem.
2. Complementarity- allows for the researcher to gain a full understanding of the problem and helps clarify the results from the research.
3. Development- is the understanding of the problem in its entirety.
4. Initiation- is the clarification of contradictions that can arise when using a single method.
5. Expansion- helps expand the range of the inquiry during research.

(Hesse-Biber, 2010).

Mixed methods can share an insight to researchers that a single method may not do by itself. This can result in the researcher having to complete multiple researchers to clarify or answer contradictions that can arise.

**Quantitative Research**

Quantitative research is a systematic investigation that gathers data by statistical, numerical, or computational techniques that collect data by sampling methods. Information can be gathered by surveys, questionnaires, or even using polls. Correlational research is a non-experimental design of quantitative research that measures characteristics/co-occurrences. Correlational research considers several factors, such as relevant variables, identification and selection of samples, and tools that help make the research reliable (Curtis et al., 2016). Selecting the right sample is a crucial part of any research.

**Qualitative Research**

In qualitative research, data is collected and analyzed using text, audio, and videos to help better understand the experiences that individuals go through. For my proposed research question, the content analysis under qualitative research was chosen to help explain a co-occurrence from prior surveys completed and a follow-up survey to complete the research. Qualitative research allows individuals to self-report information in the surveys.

**Research Question Best Answered by Which Method and Dominant Method**

After reviewing all the information and methods that I have used over the last few weeks, I still suggest using mixed methods. Mixed methods will allow both qualitative and quantitative methods to explain a co-occurrence/correlation in Post-Traumatic Stress Disorder and Alcohol Use Disorder. Using the mixed methods approach will allow for the data to be crossed referenced with the other method. The dominant method for the proposed study is quantitative. The dominant method helps identify why alcohol use is in the hazardous levels among individuals with PTSD. However, qualitative research allows for semi-structured interviews regarding the individual's moods and stability, and awareness in individuals with PTSD (Blaauwendraat et al., 2017). The purpose of using mixed methods is to gain an in-depth understanding of the complex and multifaceted phenomena of patients with PTSD followed by alcohol use (Blaauwendraat et al., 2017). The primary research is quantitative.

**Applying Ethical Principles**

When completing research, ethical principles should be taken into consideration. I would apply ethical principles by incorporating all the principles. However, integrity will be highlighted by using mixed methods to ensure accuracy. Honesty and truthfulness will come into play when data must be reported and screening for individuals to complete the surveys. Respecting the rights and dignity of all participants is a crucial factor. I will not be biased when collecting data or analyzing data.

Sierra Robinson

Blaauwendraat, C., Levy Berg, A., & Gyllensten, A. L. (2017). One-year follow-up of basic body awareness therapy in patients with posttraumatic stress disorder. A small intervention study of effects on movement quality, PTSD symptoms, and movement experiences*.* *Physiotherapy Theory & Practice, 33*(7), 515–526. [https://doi-org.proxy-library.ashford.edu/10.1080/09593985.2017.1325957 (Links to an external site.)](https://doi-org.proxy-library.ashford.edu/10.1080/09593985.2017.1325957)

Curtis, E. A., Comiskey, C., & Dempsey, O. (2016). Importance and use of correlational research*. Nurse Researcher (2014+),*23(6), 20. doi: http://dx.doi.org.proxy-library.ashford.edu/10.7748/nr.2016.e1382

Hesse-Biber, S. N. (2010). [Mixed methods research: Merging theory with practice](https://ashford.instructure.com/courses/77436/external_tools/retrieve?display=borderless&url=https%3A%2F%2Flibrary.ashford.edu%2FAccount%2FLtiLogin.aspx%3Fcustom_redirectresource%3Dhttps%3A%2F%2Flibrary.ashford.edu%2Fezproxy.aspx%3Furl%3Dhttp%253A%2F%2Fsite.ebrary.com%2Flib%2Fashford%2Freader.action%3FdocID%3D10356628)*.* New York, NY: Guilford Press.