

This presentation will begin by introducing mixed method research, especially for Japanese scholars in the health sciences new to the methodology. The discussion will focus on defining mixed methods research and the skills needed to design and conduct a study. Recognizing that skills in qualitative research are necessary for this methodology, and that health science research often lack training in qualitative research, the discussion will detail several key research processes and contrast quantitative with qualitative research. Then, the presentation will present a simple model for understanding mixed methods research using a six-step process. Finally, the presentation will end with suggestions for expanding the use of mixed methods in Japanese family medicine and the health sciences.