



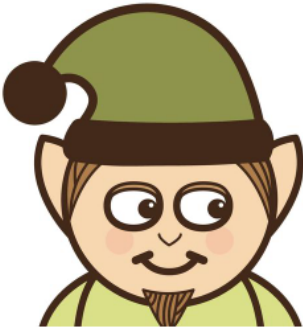
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Module 6: Effective action models and interventions of health promotion (4 ECTS)

Assignment 2 of Module 6 asked students to write an essay on the role of interventional studies in health promotion. Students were asked to choose an approach or intervention that has been the subject of an intervention study and justify why you chose it. Students needed to consider the theoretical framework on which the policy or intervention is based and describe the policy or intervention. Moreover, students need to consider the followings:

- Look at its effectiveness: how and where studied and what kind of effectiveness was obtained.
- Critically consider how the operating model or intervention can be introduced and applied to the Finnish health care system.

Students can use the learning material provided in the course or search for the literature themselves. Extent of the assignment: 2-3 pages.



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Pim Cuijpers

about a year ago 8:01 🔗

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Prof Pim Cuijpers reflects on the story so far about research to prevent depression, from 30 years of research.

What the heck is RCT?

Scholars are sometimes criticized, often on the subject, for the use of scientific jargon. One letter combination derived from English rooted in researchers' language use is RCT, which is rarely thoroughly opened to those outside the field of evaluation research. The letter series is also frequently repeated in the sources of methodological evaluations of the Growth Support data source. What is RCT and what does it mean? What can it be used for and what can't it be used for?

For decades, randomized controlled trial (RCT) has been the golden standard for demonstrating the efficacy of health interventions, the preferred research design. The Growth Support data source also reaches the highest level of psychosocial interventions for families, the effectiveness of which has been demonstrated by the RCT system. In addition to the above, randomized experimental setups have become more common when evaluating social policy reforms (e.g. Baron, 2018). In Finland, too, the [state economic research center has presented](#) for example, the experimental examination of policies related to education, employment and livelihoods, so that the target population is equally likely to end up in either the experimental or control group. Why is this particular experimental setup getting so much attention in different areas?