



PUBLIC HEALTH RESEARCH MADE SIMPLE

How to Choose a Research Topic That Won't Stress You Out Later

A practical guide for students,
healthcare professionals, and
aspiring researchers.



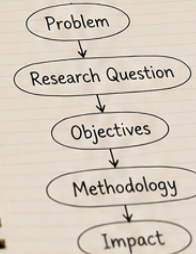
Smart Topic.
Strong Research.
Better Impact.

RESEARCH METHODS
EPIDEMIOLOGY
PUBLIC HEALTH
Principles and Practice

Good Topic
✓ Focused
✓ Relevant
✓ Feasible
✓ Impactful

Maternal Mental Health

RESEARCH TOPIC



FOCUSED
RELEVANT
FEASIBLE

GOOD TOPIC
=
STRONG
RESEARCH

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Welcome

Many students begin a research project with excitement, only to feel overwhelmed a few weeks later.

More often than not, the problem is not the research itself. The problem is choosing a topic that is too broad, too complex, or difficult to study within the available time and resources.

A good research topic lays the foundation for a successful project. It makes literature searching easier, helps you develop clear objectives, and ensures that your study remains focused from start to finish.

In this course, I will walk you through a simple process for selecting a research topic that is relevant, manageable, and worth investigating.

The 5 Questions Every Research Student Should Ask Before Choosing a Topic

Before committing to any research topic, ask yourself the following questions:

1. Am I genuinely interested in this topic?

Research can take weeks or months to complete.

If you choose a topic simply because it sounds impressive, you may lose motivation halfway through the project.

Choose a topic that sparks your curiosity and makes you want to learn more.

2. Is there enough literature available?

A common mistake among beginners is selecting a topic with very little published evidence.

Before finalizing your topic, conduct a quick search using:

Google Scholar

PubMed

ResearchGate

Scopus

If you struggle to find relevant articles, your topic may need to be refined.

3. Can I realistically collect data?

A brilliant topic is useless if you cannot obtain the data needed to answer your research question.

Consider:

- Access to participants
- Time available
- Budget constraints
- Ethical considerations

4. Is the topic relevant?

Strong research solves a problem or fills a knowledge gap.

Ask yourself:

"What impact could this research have on policy, practice, education, or health outcomes?"

5. Is the topic focused enough?

Many students start with topics that are far too broad.

For example:

 Maternal Health

Better:

 Factors Influencing Antenatal Care Attendance Among Pregnant Women in Lagos State

The second topic is clearer, more specific, and easier to investigate.

Next, we look at turning a Broad Topic into a Researchable Topic

Let's look at an example.

Broad Area

Mental Health

Narrower Area

Postpartum Depression

More Focused Area

Postpartum Depression Among First-Time Mothers

Researchable Topic

Factors Associated with Postpartum Depression Among First-Time Mothers Attending Primary Healthcare Centres in Lagos State

Notice how each step becomes more specific.

The more focused your topic, the easier it becomes to:

- Conduct a literature review
- Develop research objectives
- Design your methodology
- Collect meaningful data

A Simple Topic Selection Exercise

Complete the following:

- Area of Interest
- Population of Interest
- Problem or Issue
- Location or Setting
- Potential Research Topic
- Why Is This Topic Important?

Ready to Learn More?

This guide is only the beginning.

In the full Public Health Research Made Simple course, you'll learn:

- ✓ How to develop research aims and objectives
- ✓ How to conduct a literature review
- ✓ How to select the right research design
- ✓ Sampling techniques
- ✓ Data collection methods
- ✓ Research ethics
- ✓ Data analysis fundamentals
- ✓ How to write and present your findings

If you've ever felt intimidated by research, this course was designed for you.

Research doesn't have to be complicated. It simply needs to be approached the right way.