

Workshop 4

A contextual action-oriented research
approach and a community of practice
Experiences and obtained insights

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A contextual action-oriented research approach

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The Healthy Primary School of the Future

- ✓ Aim: integrate health and well-being within the complex school system
- ✓ Two innovative changes
 - Improve health and health behaviours
 - Disrupt the Dutch school system
 - Create momentum
- ✓ Contextualization through bottom-up involvement

Contextual action-oriented research approach (CARA)

Schools as complex adaptive systems

Key features of CARA:

- ✓ Adaptation of action research principles
- ✓ Support and evaluate the process of change
- ✓ Contextual differences
- ✓ Monitoring and feedback loops

Methods: Interviews, observations, minutes of meetings, questionnaires, and health and health behavioural measures

Obtained insights

- ✓ Co-creation was crucial
- ✓ One-size-fits-all does not exist
→ [SHE Factsheet nr. 5](#)
- ✓ Similar health promoting changes, did not lead to similar effects
- ✓ Moderating role of school context on different levels

Guiding principles

- ✓ Provide support to the innovation
- ✓ Be receptive, patient, and flexible
- ✓ Embrace complexity
- ✓ Do not keep the context in the background
- ✓ Use a research diary
- ✓ Accept the consequences of bottom-up involvement
- ✓ Focus on the right evaluation questions

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Thank you

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