

Spotlight on a Research Method

The Resource Guide below is the first installment in a *Spotlight on a Research Method* series created by ABCT's Research Facilitation Committee. This series is not an endorsement, but meant to highlight various methodologies in our field.

The Spotlight on a Research Method series is designed to provide a curated collection of resources on different research methods relevant to the ABCT community. Below you will find a brief overview of the topic, introductory / foundational resources, exemplar studies employing the method, toolkits and trainings, and funding mechanisms.

Community-Based Participatory Research: A Resource Guide

What is CBPR and Why it Matters

Community-based participatory research (CBPR) is a collaborative research approach that equitably involves researchers, community members, and other stakeholders throughout the research process, recognizing the unique strengths and knowledge each brings (Collins et al., 2018). CBPR aims to combine knowledge and action to create positive and lasting social change by addressing health disparities and promoting health equity (Collins et al., 2018; Xia et al., 2016). CBPR has specific core principles that distinguish it from other research approaches, including equity in partnership, colearning among all partners, shared power in decision-making, reciprocity, and mutual benefit (Wallerstein et al., 2010).

CBPR is important for several key reasons. First, CBPR bridges the gap between science and practice by engaging communities as cocreators of knowledge rather than merely study participants (Rosa et al., 2025; Wallerstein et al., 2010). This approach ensures research is culturally appropriate, actionable, and directly relevant to community needs. Second, CBPR addresses power imbalances inherent in traditional research by promoting equitable distribution of power and resources between researchers and community members (Wallerstein et al., 2010). Communities that have historically been excluded from research, particularly racially and ethnically minoritized populations, become equal partners in defining research questions, study design, data collection, analysis, and dissemination (Collins et al., 2018). Third, CBPR produces more sustainable and effective interventions through trust-based partnerships that build community capacity, sustain collaborative efforts, and drive systemic transformations (Wallerstein et al., 2020). Lastly, CBPR enhances research rigor and innovation by incorporating community theories and local knowledge into the research process, leading to a deeper understanding of factors influencing health and illness (Wallerstein et al., 2010), which is particularly valuable when adapting interventions for underserved populations.

Table 1. A compendium of resources on community-based participatory research.

SECTION	RESOURCES
Foundational Texts and Introductory Papers	<ul style="list-style-type: none"> <li data-bbox="422 220 1453 325">• Wallerstein, N., Duran, B., Oetzel, J. G., & Minkler, M. (2017). Community-based participatory research for health equity (3rd edition). Wiley. ISBN: 978-1-119-25885-8 <ul style="list-style-type: none"> <li data-bbox="470 294 1453 325">• <i>Note: 2nd edition (2008) can be found for free download via Google Scholar.</i> <li data-bbox="422 336 1453 399">• Hacker, K. (2013). Community-based participatory research. SAGE Publications, Inc. ISBN: 978-1-452-20581-6 <li data-bbox="422 409 1453 598">• Collins et al. (2018). Community-based participatory research (CBPR): Towards equitable involvement of community in psychology research. <i>American Psychologist</i>, 73(7), 884-898. https://doi.org/10.1037/amp0000167 <ul style="list-style-type: none"> <li data-bbox="470 504 1453 598">• <i>Provides an introductory overview on this research approach and discusses its defining principles, implementation within psychology research, its advantages, and potential ethical challenges. A case study is also provided.</i> <li data-bbox="422 609 1453 798">• Cargo, M., & Mercer, S. L. (2008). The value and challenges of participatory research: strengthening its practice. <i>Annual Review of Public Health</i>, 29(1), 325-350. https://doi.org/10.1146/annurev.publhealth.29.091307.083824 <ul style="list-style-type: none"> <li data-bbox="470 703 1453 798">• <i>Provides an integrative practice framework and structured process for developing, implementing, maintaining, and evaluating partnerships within participatory studies. A review of key challenges and added value of participatory research is also provided.</i>
Exemplar Studies and Deeper Dives	<ul style="list-style-type: none"> <li data-bbox="422 840 1453 1039">• Bogic et al. (2023). “Keep up the messages, sometimes it was a lifesaver”: Effects of cultural adaptation on a suicide prevention clinical trial in American Indian/Alaska Native communities. <i>Behaviour Research and Therapy</i>, 166, 104333. https://doi.org/10.1016/j.brat.2023.104333 <ul style="list-style-type: none"> <li data-bbox="470 945 1453 1039">• <i>Describes how focus groups and interviews with American Indian / Alaska Native community members were used to improve acceptability and responsiveness of a culturally adapted suicide prevention intervention and its evaluation within a clinical trial.</i> <li data-bbox="422 1050 1453 1270">• Asnaani et al. (2022). Utilizing community partnerships to devise a framework for cultural adaptations to evidence-based mental health practice in diverse communities. <i>Cognitive and Behavioral Practice</i>, 29(4), 831-845. https://doi.org/10.1016/j.cbpra.2022.06.006 <ul style="list-style-type: none"> <li data-bbox="470 1144 1453 1270">• <i>Outlines how community-engaged clinicians and researchers can create culturally-responsive, evidence-based treatment frameworks within community mental health settings in partnerships with communities of color. Describes a mixed-methods approach to developing such a community-engaged collaboration.</i> <li data-bbox="422 1281 1453 1470">• Okamoto et al. (2020). The implementation of a culturally grounded, school-based, drug prevention curriculum in rural Hawai‘i. <i>Journal of Community Psychology</i>, 48(4), 1085-1099. https://doi.org/10.1002/jcop.22222 <ul style="list-style-type: none"> <li data-bbox="470 1375 1453 1470">• <i>Describes how a community-based participatory research approach was used in developing a culturally grounded, school-based, drug prevention curriculum. Qualitative data from educational stakeholders were used to guide the approach to implementation and ensure feasibility.</i> <li data-bbox="422 1480 1453 1638">• Cacari-Stone et al. (2014). The promise of community-based participatory research for health equity: A conceptual model for bridging evidence with policy. <i>American Journal of Public Health</i>, 104(9), 1615-1623. https://doi.org/10.2105/AJPH.2014.301961 <ul style="list-style-type: none"> <li data-bbox="470 1564 1453 1638">• <i>Includes 2 case study examples demonstrating connections among CBPR contexts and processes, policymaking processes and strategies, and outcomes.</i> <li data-bbox="422 1648 1453 1831">• Lucero et al. (2018). Development of a mixed methods investigation of process and outcomes of community-based participatory research. <i>Journal of Mixed Methods Research</i>, 12(1), 55-74. https://doi.org/10.1177/1558689816633309 <ul style="list-style-type: none"> <li data-bbox="470 1743 1453 1831">• <i>A mixed methods study on CBPR practices that facilitate effective community partnerships. Results illustrate how the integration of qualitative and quantitative approaches enhanced understanding of the way trust and governance function within CBPR partnerships.</i>

- Chou, T., & Frazier, S. L. (2018). Supporting ethical practice in community-engaged research with 4R: Respond, Record, Reflect, and Revise. *Ethics & Behavior*, 30(5), 311-325. <https://doi.org/10.1080/10508422.2019.1645665>
 - *Provides a more in-depth framework for ethical practice to support CBPR with vulnerable and historically disenfranchised groups. The authors discuss the ethical principles of beneficence and nonmaleficence, fidelity and responsibility, integrity, justice, and respect for people's rights and dignity.*

Toolkits and Trainings

- **Patient-Centered Outcomes Research Institute (PCORI) Engagement Resources**
 - *Extensive resources for conducting patient-engaged research, including resources on successful engagement practices, building stakeholder research teams, engaging with research partners on data analysis, a literature database, and much more.*
- **Community Engaged Research Resource List:**
 - *Google Sheet that contains a number of different toolkits, courses, and other resources related to CBPR and community-engaged research more broadly.*
- **Toolkit for Community Engaged Substance Use Research**
 - *Toolkit, webinars, and examples resources for engaging in community-based substance use research and community-informed research priorities.*
- **University of New Mexico, Centre for Participatory Research**
 - *Tools for strategic planning, survey instruments, facilitation guides, and an in-depth e-book on principles of community engagement.*
- **Free Online Trainings:**
 - **Detroit Urban Research Centre:**
[Online Course on CBPR: A Partnership Approach for Public Health](#)
 - **University of Rochester Medical Centre:**
[Community-Based Participatory Research Training](#)

Funding Mechanisms

United States

- Patient-Centered Outcomes Research Institute (explicitly requires patient / community engagement)
- National Institute on Minority Health and Health Disparities (often has CBPR-focused R01s, R21s, R34s)
- National Center for Complementary and Integrative Health (supports participatory and community-engaged work with underserved groups)
- Substance Abuse and Mental Health Services Administration (community-engaged mental health programs)
- Health Resources and Services Administration (community-based health workforce and support)
- Robert Wood Johnson Foundation (participatory health equity initiatives)
- Agency for Healthcare Research and Quality (community-engaged health services research)

Canada / International

- Canadian Institutes of Health Research (many grants increasingly call for the inclusion of community members in research projects, either as knowledge users or within strategic partnerships)
- Wellcome Trust (advocates for community engagement within research projects)

REFERENCES

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