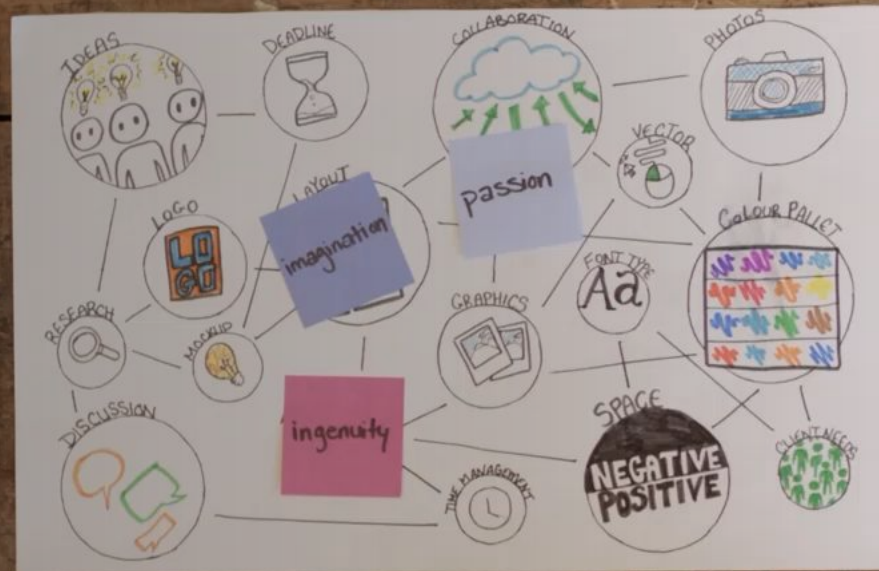


DEVELOPING YOUR OWN Q METHODOLOGY STUDY IN COUNSELOR EDUCATION



QMethodology.info

Dr. Marty Jencius
Stephanie Marder
Mallory Darwal
Rebecca Hug
Kent State University

Agenda for today

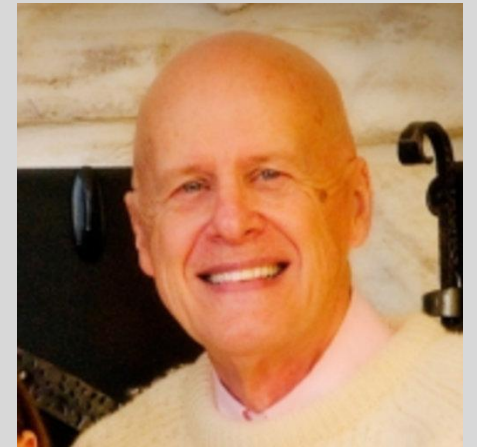
- What is Q Method (and why should you use it)?
- How is Q done
- Examples of Counselor Education research
 - Mallory's work
 - Stephanie's work
 - Rebecca's work
 - Joe's work
- Tips for doing a Q study
- Participant's taking the first step – what's your next Q study
- Q & A – stump the chumps

Q Method Definition

Q Methodology (Q) is a complete methodology which involves technique (sorting), method (factor analysis), philosophy, ontology, and epistemology. Q reveals and describes divergent views in a group as well as consensus.

Q reveals and describes divergent views in a group as well as consensus.

"Fundamentally, Q Methodology provides a foundation for the systematic study of subjectivity, and it is this central feature which recommends it to persons interested in qualitative aspects of human behavior. Only subjective opinions are at issue in Q, and although they are typically unprovable, they can nevertheless be shown to have structure and form, and it is the task of Q-technique to make the form manifest for purposes of observation and study" (Brown, 1986)



Q Process

1. **Develop** an idea you want to study as it relates to a groups perceptions around a topic
2. **Whom** do you wish to ask (P set)
3. Generate a **concourse**
4. **Reduce** to to Q set
5. **Condition** of instruction
6. Develop **means to have subjects sort** (F2F, Online synchronous and observed, Online asynchronous and unobserved)
7. **Data analysis** (factor significance)
8. **Understanding** the data





Examples of Q Research in CES

Mallory Darwal

Stephanie Marder

Rebecca Hug

Dr. Joe Krivos



Examining the Intention-Behavior Gap: Perspectives of Clinical Counselors on Using Mobile Mental Health Apps with Clients

Stephanie Marder
Kent State University

I am preparing to propose

- ▶ Determine specific details of the Methodology section
 - ▶ Which programs will be used for the sort and which for the data analysis
- ▶ Finalize Concourse
 - ▶ Ensure there is representation of the universe of statements related to clinical counselors using MMHAs as a tool in their practice
- ▶ Finalize Conditions of Instruction
 - ▶ Ensure that the Conditions of Instruction correlates with the Research Question

About the Research

Mobile Mental Health Apps (MMHAs) are beneficial but not being regularly used by practicing professional counselors

Purpose - to examine the subjective views of practicing counseling professionals about using MMHAs as therapeutic tools

Intent - to aid in explaining the gap between intention and behavior

Problem - currently, there is no literature objectively examining the subjective views of clinical counselors using MMHAs with their clients

Why Q Methodology?

Q finds factors which individuals congregate around

Q Methodology can expand on existing literature



Research Question Formulation

- ▶ Research questions should be focused on:
 - 1) Representations about subject matter
 - 2) Understandings of it
 - 3) Conduct in relation to it

(Watts & Stenner, 2013)



Research Question Formulation Process

► Original Question:

What are the perspectives of professional counselors of using MMHA with clients as an adjunct to face-to-face treatment that account most for the intention-behavior gap?

Personal Struggles

▶ Research Question

- ▶ Simple questions can be complicated to create.
- ▶ My first research question was too involved and I had to refine it further.

It was suggested to “zoom out” and get the big picture of what I was trying to accomplish with my study.

Revised Research Question

ORIGINAL

What are the perspectives of professional counselors of using MMHA with clients as an adjunct to face-to-face treatment that account most for the intention-behavior gap?

REVISED

What are the subjective viewpoints of practicing clinical counselors about MMHA use with clients?

Correlating the Research Question with the Conditions of Instruction

▶ Research Question:

- ▶ What are the subjective viewpoints of practicing clinical counselors about MMHA use with clients?

▶ Conditions of Instruction:

- ▶ For this study, participants will be asked to review each statement under the condition: “Sort the statements below from most agree to least agree based on your opinions of using MMHAs with clients.” Next, participants will be instructed to sort the statements into three piles; “agree,” “disagree,” and “neutral.”

Tips for doing a Q study

Read up on Q and read other studies

For research question formulation - easiest for broad areas with little research

Concourse to p-set - use some framework to organize cluster statements
(Brown, Baltrinic, & Jencius, 2019)

P-set needs to have some knowledge on the topic, but p-set can be broad
informants

Pilot your q-set on friends

MORE IDEAS HERE

Political Subjectivity

APPLICATIONS OF Q METHODOLOGY
IN POLITICAL SCIENCE

Steven R. Brown

FOREWORD BY WILLIAM STEPHENSON

NEW HAVEN AND LONDON, YALE UNIVERSITY PRESS

Q METHODOLOGY

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*Bruce McKeown
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Series: Quantitative Applications
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66



Simon Watts and Paul Stenner

**Doing Q
Methodological
Research**
Theory, Method and Interpretation





Pair and Share

What is a study you think you could do using Q Method?



Stump the Chump

Q & A

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