

Research Question Examples: Mental Health

About this document

This PDF contains 30 **mental health research question examples**, each quoted word for word from one of 20 completed dissertations and theses (2011–2026), grouped into 4 sections. Each question links to the thesis that asked it, so you can read how it was answered. Use them to see what a well-formed mental health research question looks like, then adapt the shape to your own study.

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Descriptive questions

These questions ask what is happening: how much, how often, or what kinds. They describe a situation rather than explain it.

1. What are the online behaviors of people clinically diagnosed with an eating disorder?

Asked in: [Digital self-harm: Implications of eating disordered behaviors online](#) · Pater, Jessica A. · Georgia Institute of Technology · 2020

2. What are family members' lived experiences of loss and grief during the Coronavirus 2019 pandemic?

Asked in: [Exploring perceptions of family loss and grief due to coronavirus 2019](#) · Decuir, Ladrena · Texas Woman's University · 2022

3. What methods, tools, or strategies did families use to help them process their loss and grief?

Asked in: [Exploring perceptions of family loss and grief due to coronavirus 2019](#) · Decuir, Ladrena · Texas Woman's University · 2022

4. What relational and sexual patterns can be identified in adults with a history of [Childhood Sexual Abuse]?

Asked in: [From Wounds to Belonging : Attachment after Childhood Sexual Abuse - A Systematic Literature Review](#) · Maria Norlin · Malmö University · 2025

5. What are the possible risk and protective factors within these intersecting identities that may influence a Latinx transgender person's mental health while transitioning genders?

Asked in: [Navigating Familismo: the Lived Experiences of Transgender Adults of Mexican Ancestry](#) · Johnson, Indira · Texas Woman's University · 2026

6. What are the structural sources of misery and suicidal behavior?

Asked in: [Suffering Alone Together: An Analysis of Anonymity, Suicide Discourse, and Social Support in an Online Community](#) · Darla Marie Still · University of Arizona · 2020

7. What are the experiences of the equine therapists of the meaning of [Equine Assisted Therapy] for the patient's mentalization?

Asked in: [The meaning of Equine Assisted Therapy for mentalization and psychological flexibility : The experiences of equine therapists](#) · Gottfridsson, Katarina · Linnaeus University · 2016

8. What are the experiences of the equine therapists of the meaning of [Equine Assisted Therapy] for the patient's psychological flexibility?

Asked in: [The meaning of Equine Assisted Therapy for mentalization and psychological flexibility : The experiences of equine therapists](#) · Gottfridsson, Katarina · Linnaeus University · 2016

9. How do school and clinical mental health counselors experience the resilience of refugee children in their care?

Asked in: [Voices of Strength: Counselor Experiences of Resilience and Wellness Among Refugee Youth](#) · Perinchery, Saudamini Agarwal · Virginia Tech · 2026

10. What are the lived experiences of school and clinical mental health counselors in supporting the wellness of refugee children in their care?

Asked in: [Voices of Strength: Counselor Experiences of Resilience and Wellness Among Refugee Youth](#) · Perinchery, Saudamini Agarwal · Virginia Tech · 2026

11. How do parents/guardians of children/adolescents with mental disorders evaluate the service and treatment options which are available in Iceland?

Asked in: [„Það er óbærilegt að þurfa að bíða í örvæntingu“ : meðferðarúrræði fyrir börn og unglinga með geðraskanir : reynsla foreldra/forráðamanna af geðheilbrigðiskerfinu á Íslandi](#) · Eyrún Gísladóttir · University of Iceland · 2017

12. What is important to achieve a personal recovery from mental illness according to mental health service users?

Asked in: [Batahvetjandi fagaðili : námskeið byggt á innsýn notenda geðheilbrigðiskerfisins](#) · Svava Arnardóttir · University of Iceland · 2016

13. What is the status of the mental health of individuals with PKU in Iceland?

Asked in: [Hvað er í matinn? : áhrif meðferðar á liðan einstaklinga með PKU](#) · Torfi Már Jónsson · University of Iceland · 2017

Exploratory questions

These questions ask how or why something happens, usually where little research exists yet. They are common in qualitative studies built on interviews or observation.

14. How have the racial experiences while in the METCO program affected the mental health outcomes of the participants?

Asked in: [“No one worked harder than us METCO kids, we had to figure out the rules on our own like wild animals” the impact of the METCO program on Black students](#) · Shavers, Efe Igbo-Osagie · Boston University · 2024

15. How do counselors-in-training (CITs) perceive the experience of participating in group supervision utilizing creative arts methods?

Asked in: [Creative arts in group supervision of counselors-in-training](#) · Power, Lauren Shows · Texas A&M University-Corpus Christi · 2013

16. How do CITs perceive the impact of group supervision that utilizes creative arts methods?

Asked in: [Creative arts in group supervision of counselors-in-training](#) · Power, Lauren Shows · Texas A&M University-Corpus Christi · 2013

17. How do gacha players perceive potential regulatory measures (e.g., age limits, spending caps), and how do they expect such measures would influence their spending and play behaviour if they were implemented?

Asked in: [Gacha Pulls for Well-being](#) · Lövenklev, Samuel · Stockholm University · 2026

18. How do online support communities respond to general expressions of misery and explicit suicidal behavior?

Asked in: [Suffering Alone Together: An Analysis of Anonymity, Suicide Discourse, and Social Support in an Online Community](#) · Darla Marie Still · University of Arizona · 2020

19. In what ways does the Diagnostic and Statistical Manual (DSM) as a technology, shape the diagnostic and treatment work of mental health practitioners?

Asked in: [Technoscientific Knowledge Practices of Adolescent Mental Health Care Work](#) · Amber Dawn Nelson · University of Maryland, College Park · 2013

20. In what ways does Managed Care (MC) shape adolescent mental health care?

Asked in: [Technoscientific Knowledge Practices of Adolescent Mental Health Care Work](#) · Amber Dawn Nelson · University of Maryland, College Park · 2013

21. How do African Americans' perceptions of African American female therapists in television impact their views of mental health?

Asked in: [The Perception of African American Female Therapists in Television.](#) · Dupree, Taylor Kourtney · University of Nevada, Reno · 2021

22. How do women find strength and positive meaning in their lives after [interpersonal violence]?

Asked in: [Women Framing their Journey from Interpersonal Violence to Positive Change](#) · Patricia Ann Pryma · University of Alberta · 2013

Causal questions

These questions ask whether one thing causes a change in another. Answering them usually takes an experiment or a careful design that rules out other explanations.

23. How much will a Behavioral Health Intervention Team improve the mental health issues of students in the district?

Asked in: [Developing a Behavioral Health Intervention Team for Moore County Schools](#) · Portfilio, Renee M · East Carolina University · 2019

24. How many students will be positively impacted through Behavioral Health Intervention Team prevention and intervention programs in the district?

Asked in: [Developing a Behavioral Health Intervention Team for Moore County Schools](#) · Portfilio, Renee M · East Carolina University · 2019

25. What is the influence of different modes of human support on the outcomes of a web and mobile app, lifestyle-based mental health intervention for a healthy adult cohort?

Asked in: [The influence of human support on adherence to, and outcomes of an online interdisciplinary mental health promotion intervention for a healthy adult cohort](#) · Renfrew, Melanie · Avondale University · 2022

26. What is the influence of different modes of human support on attrition and adherence to a web and mobile app, lifestyle-based mental health intervention for a healthy adult cohort, including the influence of participant preference?

Asked in: [The influence of human support on adherence to, and outcomes of an online interdisciplinary mental health promotion intervention for a healthy adult cohort](#) · Renfrew, Melanie · Avondale University · 2022

27. Do the latent variables of emotion regulation, interpersonal difficulties and social support fully mediate the effects of attachment and reflective function?

Asked in: [The underlying mechanisms: an investigation of attachment and mentalization within adolescent severe and enduring mental ill health](#) · Rebecca Fisher · University of Edinburgh · 2011

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Relational questions

These questions ask whether two things tend to go together, such as study time and exam results, without claiming that one causes the other.

28. What associations exist between gacha engagement/spending and self-reported stress/anxiety (and related feelings such as FOMO or regret) among gacha players?

Asked in: [Gacha Pulls for Well-being](#) · Lövenklev, Samuel · Stockholm University · 2026

29. How are self-reported risk and protective factors related to the well-being of Arab-Canadian immigrants?

Asked in: [Mental Health and Arab Canadian Immigrants: Risks, Protective Factors, and Resilience](#) · Ruby (Rawa) Jamil · University of Windsor · 2020

30. What is the relation between dimensions of acculturation and coping in Arab-Canadian immigrants?

Asked in: [Mental Health and Arab Canadian Immigrants: Risks, Protective Factors, and Resilience](#) · Ruby (Rawa) Jamil · University of Windsor · 2020

How to adapt a question to your own study

Every question here was asked by someone else, about their own setting. These four steps turn one into a question that is yours.

- 1. Pick the shape, not the wording.** Notice whether the question compares, explores, explains or measures. That shape is what transfers to your study.
Recommended reading: [How to write a research question](#)
- 2. Swap in your own population and setting.** Change who, where and when, and check the question still makes sense.
Recommended reading: [How to find a research gap](#)
- 3. Check it fits your method.** A "how" or "why" question usually points to qualitative work; "how much" or "is there a relationship" to quantitative.
Recommended reading: [Qualitative vs quantitative research](#)
- 4. Line up your aims, objectives and questions.** Your committee will check that they agree.
Recommended reading: [Research aims, objectives and questions](#)

Do this with two or three questions and compare them: the one you can actually answer with the time and access you have is usually the right one.