

Dissertation Examples: Public Health & Healthcare

About this document

This PDF lists 5 **public health & healthcare dissertation examples** and thesis examples (2020–2026), each a complete, openly licensed document you can read in full, with a note on what it does well and who it is useful for. Use them to see how a finished dissertation is structured and argued at your level before you write your own.

By [Derek Jansen](#) (MBA) · Reviewed by [Eunice Rautenbach](#) (DTech) · Grad Coach · October 2026

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Healthcare dissertations

1. Depressive Symptoms Over Time Among Latine Adolescents: Protective Role of Family

Olivia A. Reyes · PhD · Purdue University · 2026 · 212 pages

APPROACH Longitudinal, Quantitative

WHY WE PICKED IT

Read this one for how to use **more than one theoretical framework without waffling**. Chapter 1 names three: Critical Race Theory with LatCrit, a Family Systems framework, and bioecological and cultural resilience models of immigrant families. Each gets its own subsection saying what job it does here: to situate the population and the structural conditions, to model the mechanism inside the family, and to place both in a migration context. Then comes the part students skip, a short "Theoretical Synthesis" section explaining how the three fit together.

Students are often told to "have a theoretical framework" and respond by naming several and using none. This shows the alternative. The background review before it is also organized well: each subsection is a claim the study depends on (depressive symptoms in Latine families, care utilization, protective familial strengths, country-of-origin differences, sex differences), so by the end of the review the variables in the analysis have already been argued for one at a time. It is longitudinal, which is the other reason to look: "over time" designs are what most students want and few see written up.

[Read the full dissertation](#) · [Original record](#)

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2. Understanding Survival and Suffering: An Individual-Level Joint-Burden Approach for Measuring Health Loss Among Māori and non-Māori

Shane Munn · PhD in Health · Te Herenga Waka, Victoria University of Wellington · 2026 · 272 pages

APPROACH Health metrics, Secondary data

WHY WE PICKED IT

The best methodology chapter of anything added to this collection, and the best answer to "how do I write a philosophy section that is doing work". Chapter 2 sets out the major research philosophies, states the author's own, and then does the thing almost nobody does: it aligns the study to **Kaupapa Māori research** and to Mode 2 knowledge production, works through its headings "Co-Production of Knowledge", "Transdisciplinarity", "Contextualisation" and "Reflexivity and Accountability" in turn, and then has a section headed **"Critiques of Mode 2 and Study Safeguards"**.

Naming the objections to your own framework and saying what you built to answer them is the single most examiner-proof move in a methodology chapter, and here it is, in a subheading. Chapter 1 is worth reading for a different reason: it is called "The Origin of This Study" and it traces the research questions to two real prior work programs rather than pretending they emerged from a literature gap. Munn writes as Ngāti Hine and Ngāti Manu, opens with a mihi and includes a glossary of Māori terms, which is also a model of how to handle a language other than English in a thesis without either apologizing for it or leaving readers stranded. The study itself is a national retrospective cohort analysis of type 2 diabetes, so the quantitative work is substantial too.

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3. Minority Family Stress and Sexual Minority Future Family Formation Loss

Muzi Nina Li · PhD · Purdue University · 2026 · 102 pages

APPROACH Theory building, Quantitative

WHY WE PICKED IT

A **theory-building** thesis, and one of the shortest doctorates in the collection at 102 pages. Its first substantial chapter is not a literature review in the usual sense: it is a paper that develops a new model, the Minority Family Stress Model, by tracing minority stress theory from its foundations through its relational and intersectional extensions and then reconceptualizing it inside family systems theory.

If your contribution is a framework rather than a finding, this is the shape, and it shows the two things such a chapter has to do: give an honest account of what the existing theory already handles, and be specific about the gap the new model closes. Also useful as proof that a doctorate is not measured in pages. Note that it comes from a Department of Educational Studies despite the topic reading as health and family science, which is a fair reminder that the department on the title page is often a poor guide to what a thesis is about.

[Read the full dissertation](#) · [Original record](#)

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4. Depression Screening and Psychological Intervention in Pregnancy Care

Emőke Adrienn Hompoth · PhD · University of Szeged · 2020 · 90 pages

APPROACH Clinical study, Quantitative

WHY WE PICKED IT

The shortest PhD thesis here and a useful antidote if you think length is the point. Ninety pages, numbered sections straight through, and the spine is plain IMRaD: introduction, objectives, material and method, results, discussion, conclusion. Three things are worth stealing.

The sample narrows in front of you in section 3.1: 4,593 women went through the screening program, obstetric data were collected for 2,118, then 26 twin pregnancies are excluded with three citations for why and 50 pregnancy losses with a stated reason, leaving 2,042. Nobody has to guess where the number came from. Section 3.2 gives the instrument, its scoring, and the published cut-offs it uses, and then says the thing most people leave out: this is a screening tool, not a diagnostic one, and the word "depression" is used loosely for readability. That is a researcher fencing off an over-reading of her own results before anyone else can make it. And section 7, "New statements of the study", is the Hungarian convention of listing what is actually new in numbered form. Even if your university does not ask for it, writing one is a good test of whether you have a contribution.

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5. Understanding the Relationship Between Health Technology Reassessment and Knowledge Translation

Rosmin Esmail · PhD · University of Calgary · 2020 · 254 pages

APPROACH Scoping review, Delphi, Survey, Interviews

WHY WE PICKED IT

Two reasons to open this one, and the first is the best worked example of a review chapter in the whole collection. Chapter 2 is a scoping review done properly: the protocol was registered with PROSPERO before the search (CRD42018088564), it follows Arksey and O'Malley and reports against PRISMA-ScR, it names the three databases, it says exactly how an earlier review's search was adapted and over what date range, it screens titles and abstracts with two independent investigators, and the inclusion criteria are seven numbered rules with the key term defined by citation rather than by vibe.

If you are writing a systematic or scoping review and your supervisor keeps saying "this is not replicable", read section 2.4 and copy the skeleton. The second reason is the shape of the thesis itself: it is paper-based, so chapters 2, 3 and 4 are standalone studies with their own abstracts and methods, and even chapter 1 is a published paper rather than a written-to-order introduction. Chapter 5 is a short synthesis that pulls the three studies together. Chapter 3 also shows a modified Delphi process and an international expert survey written up in full.

[Read the full dissertation](#) · [Original record](#)

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How to use an example dissertation

An example is a map of how one study was put together, not a template to copy. These four steps get the most out of one.

- 1. Read the abstract and the contents first.** They show the shape of the whole document before you spend an hour in it.
Recommended reading: [Dissertation and thesis structure](#)
- 2. Read the chapter you are writing next.** Look at how it opens, how it is organized under headings, and how it ends.
Recommended reading: [How to write the methodology chapter](#)
- 3. Check the level and the field.** A doctoral thesis goes further than a master's dissertation, and fields differ in what they expect.
Recommended reading: [What is a dissertation?](#)
- 4. Follow your own handbook over any example.** Where an example and your program disagree, your program wins.
Recommended reading: [Every example in the collection](#)

Used this way, two or three good examples teach you more than any amount of general advice.