Research capacity strengthening in social science: achievements and lessons learnt

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Abstract

There is a strong need for research capacity strengthening in developing countries. In this paper we present achievements and lessons learnt from a South-North collaboration. The collaboration is situated within the Kenyan-Danish Health Research Project (KEDAHR) which started in 1994 and lasted till 2004. A total of 41 students (27 Kenyans and 14 Danish) undertaking studies at post-graduate and doctoral levels were involved over this period and more than 37 articles published in peer-reviewed journals and in edited books. In addition, there are other intangible benefits that have accrued over time. We conclude that the collaboration between the five institutions involved has been very productive. The focus on capacity development has led to a large pool of well trained anthropologists who are now forming a critical mass of expertise within which we expect future collaborations to be based.

Key words: Research capacity strengthening, KEDAHR, Kenya, Denmark Mila (N.S.), Vol. 7 (2006), pp. 57 - 68, © 2006 Institute of African Studies

Introduction

In Kenya as in other developing countries, there is a strong need for relevant research to inform planning and implementation. Within the health sector the term Essential National Health Research (ENHR) has been coined to highlight the main priorities. At the same time, there is often a lack of qualified researchers in these countries. One such case within the African continent is the lack of specialists in health social science. There are institutions that are making attempts to train manpower to fill the gaps in the health social science. The Institute of African Studies (IAS) is one of a number of places in sub-Saharan African anthropologists have been trained. However,

the Institute of African Studies is facing constraints when implementing its mandate to train the next generation of students. It is dependent upon the human resource capacities of those trained and as part of the University of Nairobi, it relies largely on public funds.

As a means of addressing this dilemma, long term links of collaboration can be established between southern and northern research institutions. Such capacity strengthening programmes build local capacity in a cost-effective way and reduces brain drain. Those trained at home are far less likely to migrate compared to those trained abroad who are less likely to return home or emigrate soon after returning.

A historical perspective

The Institute of African Studies has a history of collaboration with northern institutions, notably DBL – Institute for Health Research

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and Development (DBL) in Denmark¹, to train its students and staff. The collaboration has taken place between various constellations of five institutions: Institute of African Studies at the University of Nairobi in Africa and Institute of Anthropology (IA) at the University of Copenhagen; Institute for Anthropology, Archaeology and Linguistics (IAAL), University of Aarhus; Research Programme for Environmental and Health Education, Danish University of Education (DPU); and DBL – Institute for Health Research and Development all in Denmark.

The Kenyan-Danish Health Research Project (KEDAHR) was a large project within the framework of which much of the social science in Kenya took place. The project, which ran for ten years (1994-2004), was sponsored by the Danish International Development Assistance (Danida), which is a 'branch' of the Danish Ministry of Foreign Affairs dealing with assistance to developing countries (for reflections on managerial and inter-disciplinary issues of this project, see Aagaard-Hansen & Ouma 2002). The IAS-DBL collaboration in relation to KEDAHR has previously been described by Suda & Aagaard-Hansen (2003).

The process

Input: The activities have depended on a substantial financial input. Over the years, DBL has granted approximately Danish Kroner

(DKK)² 4.5 million for various studies as well as more fundamental support structures ³. During the period 1995-2002, KEDAHR provided approximately DKK 0.7 million. In addition, a total of approximately DKK 4 million has been provided by external sources (e.g. research councils and foundations)⁴. In addition to the funds, there has been an investment of uncountable working days from all the key people involved.

Activities: The bulk of the activities have been centred around individual student projects -mostly at Master's or doctoral levels. Thus, 41 students have been involved over the years (some of them more than once, e.g. first studying for an MA and subsequently a PhD). The gender ratio among these 41 students is 19 women and 22 men. Most of them have been completely dependent on the collaboration (e.g. in terms of funding, supervision, fieldwork) whereas a few have only received limited, but nevertheless essential, support (e.g. development of questionnaires). Out of the 41students, 27 were Kenyans whereas 14 were Danish. All the Danish students received external funding, as both DBL funds and KEDAHR funds are derived from Danida and designated to capacity building in developing countries only.

A large part of the fieldwork was conducted in Bondo district at the shores of Lake Victoria in western Kenya. A particular role has been

DBL – Institute for Health Research and Development (DBL) (formerly Danish Bilharziasis Laboratory) is an independent, cross-disciplinary, non-profit research institution with close links to the Danish Ministry of Foreign Affairs. With a focus on public health problems (with particular regard to the major parasitic diseases and malnutrition) in developing countries, DBL has a clear aim to build research capacity at institutions in developing countries as well as among students in Denmark.

² 1 DKK is equivalent to 0.162 USD at the current exchange rate.

³ This amount does not include the cost of IAS students attending the DBL Research Methodology Course in Denmark.

⁴ This amount does not include the most recent contributions from the REACT project, the cysticercosis project and the TDR/RCS+. The cysticercosis project grant will be used to train Master of Art students from Tanzania and Mozambique respectively. For details more see below.

played by the Nyang'oma Research Training Site (NRTS) situated in Bondo district in Kenya and currently funded by DBL. Since 1995 it has developed into a site where numerous Kenyan and Danish students have conducted their fieldwork and benefited from the well trained field staff, computer facilities, an available census, maps and not least the good rapport that has been established with the study population over the years. In 2004, IAS took over the management of NRTS and non-DBL funding is expected to play an increasing role.

During the years, communication of activities has taken place in meetings, workshops, mutual visits and guest lectures, participation at international conferences, published peer reviewed articles as well as via long distance written and electronic communication. This has facilitated interaction between seniors as well as between seniors and students from the two countries.

Output: It is an ongoing discussion on how 'output' should be assessed. Over the years, we have tried to document the tangible as well as the more intangible indicators which could also be used to gauge the success of the endeavours.

Until now 27 completed Master's degrees and four PhD degrees have benefited from the collaboration in various ways. Most of these have been degrees in anthropology, some in related social science and a few in natural sciences (e.g. nutrition or botany in which there have been social science components). Over the years, seven IAS associates have participated in the DBL Diploma Course on Research Methodology as well as other courses. Presently three Master's and four PhD studies are on-going and a few students are pursuing Diploma and Bachelor degrees.

At least 37 peer-reviewed articles and book chapters have been published as a direct outcome of the collaboration. In addition, numerous conference presentations and posters

as well as non-peer reviewed articles have been printed. However, it should be emphasized that this is a conservative estimate, based on what we have been able to document. The real figures are probably higher because many former students and associates are now scattered in other institutions within the country and may have continued to publish based on the original data. Furthermore, numerous articles are presently either in the process of writing or have been submitted.

Apart from these tangible outcomes, there are a number of other benefits:

- The IAS journal, Mila, started in 1970 as a newsletter the same year IAS established as a separate and independent entity from the Institute for Development Studies. The regular production of Mila stalled in 1984. In fact, the publication of Mila had been erratic since 1976. Thus, when the journal was re-launched in 1996 it started out as a new series. Initially coming out on an irregular basis, it is now developing into a regular once a year publication with plans to have two issues a year. This will slowly expand to more issues in a year. Recently, collaborators decided to allocate funds to more volumes of which one has been issued and the present is now out. As a step to attaining international status, Mila has sought and obtained an ISSN number. We have found the production of Mila an extremely useful endeavour which allows the staff and associated students to publish their data in a rigorous peer-reviewed manner.
- b. DBL has provided equipment such as computers and a photocopier as well as a significant contribution of books and compendia to the IAS library.
- c. At an even more subtle level, there has been a mutual influence between the seniors and students involved over the years. On a very general level, there has been inspiration

from the Danish institutions to IAS to take a more theoretical view on anthropology and to use more qualitative methods. Inversely, the Danish institutions have been exposed to all the very concrete and pertinent problems that face the Kenyan population which has led to a more applied take on the research. The outcome of these mutual exchanges has been an intellectually enriching dialogue between IAS and Danish researchers. As one of the direct consequences, IAS is now including separate specializations in its curriculum for its Master's program which is currently under revision.

d. A number of new projects have grown out of the collaboration. For example, IAS and DBL are now partners in two European Union projects: "Strengthening fairness and accountability in priority setting for improving equity and access to quality health care at district level in Tanzania, Kenya and Zambia. **REsponse AC**countable priority setting for Trust in Health Systems" (REACT) and "Crossdisciplinary Risk Assessment of Cysticercosis in Eastern & Southern Africa" (CESA). In addition, IAS has successfully competed for a UNICEF/ UNDP/World Bank/WHO Special Program for Research & Training in Tropical Diseases (TDR) RCS+ grant whose aim is to enhance social science capacity. The aim of the RCS+1 grant is to enable IAS to eventually establish itself as a regional training centre in the area of health social sciences. The IAS is now in the process of obtaining status as a centre of excellence and plan to offer an MA degree tailored to meet regional needs in health social sciences. The MA curriculum is being revised to accommodate this new demand.

Furthermore, IAS and its staff has successfully attracted other research grants.

Reflections on the past Research themes:

A number of research themes have emerged over the period during which this collaboration has been active. The different themes have focused on medical anthropology, veterinary anthropology, nutritional anthropology, the community, education and child anthropology. We have attempted to summarize the thematic areas in Figure 1.

Medical anthropology has been dominant theme running through most of the research work carried out by students and seniors in the two institutions. This is linked to areas like child anthropology, education, anthropology and community nutritional aspects (such as women groups, community based organizations). More recently some students venturing into veterinary are anthropology, a new emerging area within anthropology (see article in this issue of *Mila*).

Clearly, some of the major areas are interlinked. For example, the components of education and child anthropology are interlinked. Almost wholly, the components on education have focused on the child. Girl-child education and school dropouts must be seen within the context of child migration while child care (within child anthropology) must be seen within the context of nutritional anthropology. Similarly, medical anthropology, particularly issues dealing with HIV/AIDS have to be seen within the wider community networks—the CBOs, women groups, home-based care, among others.

In terms of the analysis, students and seniors have utilized different analytical themes such as medical pluralism, participation, action competence, relatedness, illness/disease concepts, entitlements and agency. The net effect of this is the enhancement of a range of theoretical approaches to analytical processes

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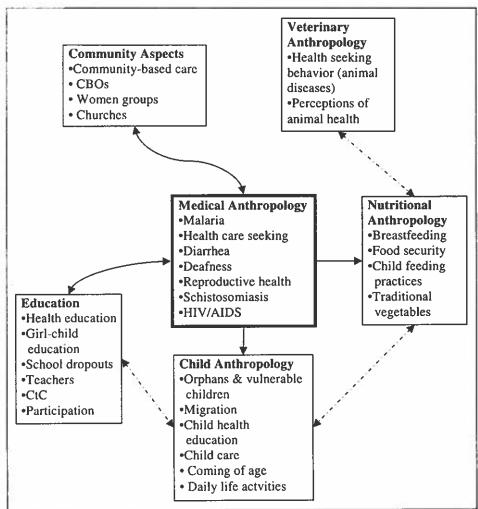


Figure 1: Thematic areas of the collaboration

in anthropology. The linkage has endeavoured to reinforce this through library acquisition of relevant reference materials.

Documentation of the collaboration

In order to determine the impact of the present collaboration, we have found it necessary to keep a continuous documentation of the process. This has enabled us to track the development of the collaborative effort (input, activities and output) since the inception of the collaboration in 1994. Through this process we have been able to keep a record of all the students who have been trained as well as

having a fairly good sense of where they are in their career development.

However, it is not always easy to document the process, particularly as it is a multiinstitution, two-country project, the process sometimes runs parallel with the different partners involved. Since students are graduating from different countries and at different rates, some students may be 'lost' in the documentation process.

In addition, there are intangible, but nevertheless significant outcomes, which are more difficult to document. For example, training students in grant seeking or writing articles for peer reviewed journals. The time required to develop these skills as well as the outcome is difficult to assess, let alone quantify. Likewise, the changes in research priorities and methodological approaches at the institutions involved is difficult to document and ascribe to the collaboration between the various institutions alone.

Long time vs short time perspective

It is our view that a long time perspective is a prerequisite for a collaboration such as this one to develop successfully. The opportunity to establish trust and mutual knowledge between the partners has been there due to the long life span of the original KEDAHR. Subsequently a Memorandum of Understanding (MoU) was signed between IAS and DBL when KEDAHR came to a conclusion in 2004. The MoU will run for a period of five years with possibilities for extension. Thus, in total by the time the current MoU runs out, the various institutions will have been collaborating for 15 years. This long time perspective has helped the partners to learn important lessons and to rectify any areas of misunderstanding. The collaboration has not been based on a master plan from the start, but has utilized the opportunities and developed organically.

It was realized from the start, that a collaboration which spans several years is best done if it is placed within institutions rather than on individuals. The collaboration has involved three Directors at the Institute of African Studies and one Director on the part of DBL as well as the various KEDAHR Directors. The leadership and organizational structure at the three other institutions have been changing as well. We have been lucky in this collaboration in that the priorities of the different leaderships have continued along the same general direction of their predecessors. This has ensured continuity.

Emphasis on dissemination of results

It has been a hallmark for the collaboration to promote dissemination of results. Important outlets have been at professional meetings, through peer-reviewed journals and chapter contributions in edited volumes. We have continued to encourage students to publish their research findings in peer-reviewed journals. As is evident from the list of papers and journal articles given at the end of this article, some students have taken the challenge and published as sole authors. However, for the majority of the students publishing has been a big effort on the part of the seniors (the supervisors) taking the role of second authors. Often getting a Masters or PhD degree for most students is an end to itself and therefore the urge to publish has to be cultivated further alongside other competing demands on the part of the graduated student. In spite of the enormous effort required of the seniors to get the students moving on their papers, we believe that it is a worthwhile effort. It puts the name of the student on the scholarly map with the additional potential of opening new opportunities.

Similarly, we have emphasized the dissemination to non-academic target groups. This has been done by providing policy briefs to key people within ministries at the national level as well as to relevant authorities at district level (e.g. District Medical Officers and District Educational Officers). In addition, we have arranged community feedback sessions (especially at NRTS) in order to let our students meet opinion leaders from the community directly and discuss the research findings.

Missed opportunities

Above, we have tried to document what we consider to be some of the highlights of the collaboration. However, a long-term program such as this one always has its own share of problems. There will always be students who don't make it or students whose progress is

slow enough to warrant concern. Indeed in this project we have instances where students have not completed their degree programmes despite constant follow-up. These are people whose interest in the topic of research wanes or who get other priorities¹.

How can we minimize such problems in the future? One approach is to ensure that students get down to business as soon as they get their data. Constant nursing and intense supervision is a necessary pre-requisite for success.

The success of our collaboration has largely depended on the hard work of a few seniors at any given time. Hence there is a maximum carrying capacity on the part of the seniors. This, however, comes with an opportunity cost. They miss out on efforts to prepare competitive proposals to seek grants for research. Further, putting an extra workload on the seniors implies that junior staff has limited opportunity to learn. The ideal would be a situation in which there is a mix between the seniors and juniors.

Over the years there has been a tendency that some of the students have taken over facilitating roles, when new associates were to be introduced to the field. The establishment of links between the students at the same level ('twinning') has some times proven useful in facilitating the exchange of literature and mutual critique. However, this approach has not been actively followed for two main reasons. First, there is always a time difference academic programs of the different collaborating partners. As a result, students start field activities at different times. Secondly, students do not always have similar research interest which creates obstacles to the 'twinning' process.

Conclusion

During the period of collaboration, a total of 41 students at various levels have benefited leading to 27 completed Masters and four PhDs. From this, more than 37 articles have been produced in peer-reviewed journals. In addition, the collaboration has led to a number of more intangible capacity improvements. The IAS journal, Mila, is gaining strength and gradually becoming more regular with a wide audience. The IAS is now a competitive co-player in a number of major research projects and applications for grants. By aiming to attract regional students, it is gradually transforming itself into a regional centre of excellence in anthropology and health social science.

One is bound to ask, 'is this a sustainable venture?' And, it is of course difficult to give a straight answer. However, we are optimistic. The students that we have trained are very marketable and have got jobs in academia, in research centres and Non-governmental Organizations². And the fact that IAS is a strong partner in many cross-disciplinary research projects and has shown increasing ability to attract external funds is very promising. We are at the same time cognizant of the fact that we have not succeeded in every aspect. Nevertheless, in our view the successes

Another place where we have not fully exploited the given opportunities is the exchange at senior levels. For example, when seniors visit each other, little or no effort has been made to have them give guest lectures. Only recently, have we more systematically made a point of letting seniors visiting partner institutions give guest lectures and meet students.

At the time of writing, only three students out of the 41 involved have not completed their training according to plans, and none from the South have moved to the industrialized part of the world (brain drain).

² These include: University of Nairobi, Kenya Medical Research Institute (KEMRI), Kenya Agriculture Research Institute (KARI), Centers for Disease Control (CDC).

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outstrip the failures. We have taken steps to keep the process rolling. Plans are in the process to source for independent funding through proposal development workshops in order to ensure funding support for activities in NRTS.

In conclusion, it is our view that the collaboration between the five institutions has been very productive. The focus on capacity strengthening has led to a large pool of well trained anthropologists who are now forming a critical mass of expertise. A few more years are needed to consolidate the achievements. But we expect the collaboration to continue for many years to come. We would be happy if others could learn from our experiences to initiate similar research capacity strengthening endeavours.

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