

Internal Validity

Name

Institution

Internal validity

Introduction

It is important to analyze the implications of multiple health care study trials whether the outcomes are to be implemented or used in the implementation of health care (Cantrell, 2011). For quantitative studies, the application of the principle of validity is also important to ensure that the findings can be applied in operations as well as in the delivery of treatment. Thus, this study would discuss the possible issues about the internal validity of a diabetes treatment report, identify guidelines on improving the internal validity and the results of the proposal. The discussion will be concluded by describing the risks of failing to take into account the validity of a research sample, the article would conclude.

Concerns about the Effects of Diabetes Management - Study Internal Validity

Specifically, internal validity refers to whether or not an investigational treatment produces a difference in the outcomes and decides whether there is proof to prove the variation as asserted by Polit and Beck (2012). Past may challenge internal validity in a diabetes management report. In this situation, history applies to the potential occurrence that may arise between the first and the following activities of diabetes treatment, such as aerobic workouts. The incidents that could arise during the practices of first and second diabetes treatment could involve body accidents that could discourage physical activity. Such issues include, among others, the monitoring, development, and modulation.

Recommendation on strengthening internal validity

It is necessary to ensure the protection of the individual experiment (independent variable) in order to improve the internal validity of the diabetes management research (Yuan, Chou, Hwu, Chang, Hsu & Kuo, 2009). The protection of the human experiment is necessary for management

practices that can become inadequate parallel to care for other diseases, ranging from substance administration to physical workouts (dependent variables). The implication that the welfare of the participant in the study influences causal description and analysis.

Conclusion

Validity consideration is very integral for a successful study. Failure to consider internal validity of a study could result to the lack of an ideal establishment of whether the effects or the results obtained were as a result of manipulation of the independent variable. Among other benefits, the internal validity assist the researcher in determining the things that could be potential be controlled or not controlled during the study.

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