

As we begin a new year, we extend our heartfelt thanks to our partners, participants, mentors, donors, and supporters across the MicroResearch network.

Over the past year, we have seen inspiring dedication from health professionals, researchers, and community leaders working together to generate evidence that improves lives and strengthens health systems.

We wish you and your loved ones a healthy, hopeful and successful year.

The MicroResearch Team.

Strengthening Community-Driven Research at Kisii University

Held from July 7–18, 2025, the MicroResearch workshop at Kisii University brought together 19 participants committed to addressing pressing local health challenges through research. Working in multidisciplinary teams, participants developed proposals centered on vulnerable populations in Kisii County.

The teams explored two main research questions

1. What is the relationship between loneliness, social isolation, and mental health challenges among adults aged 60 and above in Marani Ward?

2. What are the intersectional vulnerabilities and barriers faced by breast cancer survivors aged 30 and above in Kitutu Chache South Sub-County?

The intensive virtual program combined updated lectures, daily group work, and close mentorship from Kenyan and Canadian experts. The workshop concluded with team presentations to a local review panel, reinforcing MicroResearch's commitment to building sustainable, locally led research capacity.



Building Local Research Capacity at Meru University, Kenya

From July 7–18, 2025, MicroResearch partnered with Meru University of Science and Technology (MUST) to deliver a two-week virtual research training workshop focused on strengthening community-driven health research. 12 participants from diverse professional backgrounds worked in interdisciplinary teams to develop locally relevant research proposals.

The teams rounded up with two key questions.

1. What are the mortality rates, leading causes, and perceived risk factors of under-five deaths among pastoralist communities in Isiolo County?

2. What school-based strategies are being used to address depression and anxiety among adolescents aged 15–19 years in peri-urban Meru County?

Through expert-led lectures, hands-on coaching, and collaborative teamwork, participants built skills in research design, ethics, grant writing, and knowledge translation. The workshop culminated in presentations to a local expert panel, with all teams encouraged to apply for MicroResearch funding. Participants highlighted the program's role in demystifying research and empowering them to drive evidence-based change in their communities.



From Uganda to countries across Africa, Asia, and Canada, see where MicroResearch is building local research capacity to solve real health challenges. Explore now:

<https://microresearch.ca/international/>

Pioneering Community-Driven Research within Uganda Prisons Service, Kampala

From November 18–29, 2025, MicroResearch partnered with the Uganda Prisons Service (UPS) to deliver a pioneering nine-day research training workshop at the Luzira Prisons Complex in Kampala. This marked one of the first MicroResearch programs implemented within a high-security correctional setting in Uganda, demonstrating that locally led, community-focused research is possible even in highly restricted environments. The workshop brought together 24 multidisciplinary prison staff from health, rehabilitation, security, and administration. Operating without internet access due to security protocols, the program adopted an innovative “grow-your-own coach” model and a highly adapted mentoring approach, ensuring continuous learning and long-term sustainability within UPS.

Working in three interdisciplinary teams, participants developed research proposals addressing priority public safety and health concerns. The final questions were:

- 1. Why are healthcare workers reluctant in the management of Tuberculosis (TB) patients at Murchison Bay Hospital?***
- 2. What factors are associated with stress among staff in the Uganda Prisons Service in the Kampala Extra Region?***
- 3. How has substandard and limited housing contributed to intimate partner violence among junior-ranking officers at Luzira Prisons Barracks?***

The workshop concluded with proposal presentations to a local expert panel, which commended the relevance, quality, and strong potential of the projects to inform prison policy and practice.

Participant feedback reflected high engagement and impact, with many describing the program as transformative and empowering. By embedding research capacity within the prison system and developing future local coaches, this initiative represents a significant step toward sustainable, evidence-informed improvements in public safety and inmate and staff wellbeing.



MicroResearch: A New Institute at Dalhousie University!

Since 2008, MicroResearch has grown globally, training 1,827 participants throughout 81 workshops held in 11 countries.

In response to the continued growth, earlier this year, we took the step of applying to be recognized as an official Research Institute at Dalhousie University. In addition to already being a Research Centre of IWK Health, this opportunity will open doors for potential funding, new partnerships and collaboration, and an increase in volunteer support from Dalhousie faculty. This initiative was supported by the Faculty of Medicine, the Faculty of Health, and the Faculty of Agriculture.

As of June 2025, MicroResearch has been officially deemed a Dalhousie Research Institute! To learn more about the Research Centres and Institutes at Dalhousie, [visit their webpage](#).

MicroResearch Year in Review 2025

16
Projects
Approved

8
Workshops
Delivered

152
Volunteers
Engaged

9
Projects
Launched

187
Participants
Trained