

# Applied Health Behavior Research

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## Research

The graduate programs in Applied Health Behavior Research (AHBR) (<https://generalmedicalsciences.wustl.edu/education/ahbr/>) provide a deeper understanding of the growing fields of health behavior research and behavioral medicine, which conduct research and disseminate findings across a variety of academic and hospital settings, nonprofit organizations, government agencies and private industry.

For professionals currently working in health-related fields, the skills-based curriculum provides hands-on methods and resources to enhance the knowledge and practical skills needed for career advancement. Courses (<https://generalmedicalsciences.wustl.edu/education/ahbr/courses/>) prepare students for project management, leadership, research design and evaluation, data management, and analysis, and they increase students' content expertise in health behavior theory and methods.

For recent graduates planning for their future, the one-year research-intensive master's degree option (<https://generalmedicalsciences.wustl.edu/education/ahbr/concentrations/>) provides opportunities for students to fulfill specific medical and graduate school core competencies and to enhance the competitiveness of their applications, making the program an ideal gap-year option. Through the mentored research experience provided, students develop theoretical knowledge and gain practical experience to pursue careers in medicine, allied health, psychology, public health, and other research or health-related fields.

AHBR graduates (<https://generalmedicalsciences.wustl.edu/education/ahbr/student-experiences/>) are prepared to conduct all phases of research: intervention design and implementation, survey development and administration, participant recruitment and tracking, data collection, data management and data analysis. In academic settings, graduates work for MD or PhD researchers in labs or research centers. In industry, graduates work for health insurance companies, managed care organizations and corporate wellness programs. For nonprofit and community organizations, graduates may lead the design, implementation, evaluation and dissemination of health and wellness programs; contribute to grant applications; and develop partnerships across agencies.