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Question 1: What is research in one sentence?

Research is the process of seeking new knowledge or use of existing knowledge so as to generate new concept, methodology and understanding.

Question 2. What makes a topic researchable?

For a topic to be consider researchable, the topic should be;

I. Feasible.

This involve the practicality of the study. That is, whether the research can be done given the available resources, time and technology. If the variable can be measured effectively.

II. Interesting.

An interesting study is like a story that needs to be told. It must be captivating not only to the researcher but also to the audience, collaborators and potential funders.

III. Novel

Is about ensuring that the research contribute fresh insights and perspective to the existing body of the knowledge.

IV. Ethical.

If it can be conducted with the highest moral standard. That is with integrity, respect, responsibility and safeguarding the dignity and we'll being of participants.

V. Relevant.

The findings of the study shouldn't only be theoretical but have practical applications, influencing and enriching clinical practice, policy Making and societal well-being.