



Clinical Research Theory and its Significance

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DESCRIPTION

Clinical research is a systematic strategy for assessing treatment success and building a foundation for inductive generalizations regarding intervention. The ultimate goal is to advance intellectual growth by contributing to the scientific foundation of practice through theory development. Theories emerge from the need to organize and make sense of a complicated collection of individual facts and observations.

Methods are the tools of understanding clinical phenomena by conducting research in a reliable and legitimate manner. However, theory allows us to conjecture on why and how treatment works while accounting for observation. Theories explain discoveries within the framework of what is already known from past investigations' successes and failures. In addition to continuing to study observations, strive to develop theoretical generalizations to serve as a foundation for predicting future outcomes. Without such explanations, there is a risk of having to recreate the wheel each time a clinical problem arises.

A theory is a collection of interconnected concepts, definitions, or assertions that specify relationships between variables and constitute a systematic understanding of a given phenomenon. Although not all theories have been scientific, they have always been a component of human societies. Philosophy and religion have historically played an important role in the adoption of theories. The mediaeval belief that the globe was flat arose from the thought that angels supported the four corners of the planet. Naturally, the folks of the day believed that if one sailed toward the horizon, one would inevitably fall off the edge of the planet. Such theories were untested due to a lack of instrumentation and because it was deemed unnecessary to examine.

Scientific theory, on the other hand, deals with the empirical realm of observation and experience and requires on-going verification. By using theory to generalize beyond a single circumstance and predict what will happen in other similar situations. These forecasts accuracy can be tested through research. This main goal is to identify theory elements and discuss techniques for constructing and testing clinical theories.

SIGNIFICANCE

Clinicians conduct theoretical testing on a frequent basis in practice. Clinical decisions are guided by theories. Specific therapy modalities are chosen for treatment based on theoretical assumptions about predicted outcomes. Based on theoretical correlations, treatments are changed based on the presence of risk variables. As a result, the theory is put to the test each time the clinician reviews treatment outcomes.

Theories are typically used to assist in the development of a research topic, to guide the selection of relevant data, to interpret the data, and to give explanations for the underlying causes or influences of observable events. Evidence-based practice necessitates weighing the most recent research against our clinical judgments and expertise. At any given time, some scientists will accept a particular Theory for some purposes but not others. Theories must be tested in a variety of contexts and ways. As a result, research is critical to the on-going development of the theoretical basis for treatment. Much of therapeutic practice is founded on empirical successes that doctors have attempted to explain using widely accepted theories.

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