ANNALS OF RESEARCH IN SPORT AND PHYSICAL ACTIVITY

Lost in translation: getting your research message across

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ANNALS OF
**RESEARCH IN SPORT
AND
PHYSICAL ACTIVITY**

LOST IN TRANSLATION – GETTING YOUR RESEARCH MESSAGE ACROSS

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Often the immunology research process sees its end at the acceptance of a research article for publication and authors sometimes overlook the notion that the most important outcomes are dissemination and implementation of findings. The priority should be answering relevant questions that affect real people in a given clinical, sporting or community context. Research outcomes from cellular, biochemical and molecular immunology studies are crucial for developing guidelines for healthy lifestyle habits and exercise routines, contemporary practices, and policies in immunology. However, these applications can only be realised if the research process is shared, and results contextualised and translated for specific cohorts and populations.

Timely discussion and dissemination of research outcomes requires effective strategies and appropriate technical and meaningful language for different audiences via traditional scientific publication, conference proceedings and social media strategies. Research communication strategies should span scientific, medical and allied health disciplines, local, national and international contexts and translate into non-scientific communities. Researchers need to identify, develop and implement new ways of putting highly scientific information and outcomes into context using real world examples. For example, our research group has developed a model for using salivary immunoglobulin A as a marker of the risk of upper respiratory tract infection. This work has involved laboratory and field research, clinical evaluations, and development of education materials for athletes, coaches and clinicians. However, the application of this knowledge has been variable and often inappropriately

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applied world-wide, i.e. the transferability of results obtained from highly trained athletes might not apply directly to the wider population, and vice versa.

Although researchers are mostly judged on publications and research income, research teams should commit to the social, community and clinical responsibility in their chosen field of study and the impact of their research evidence in guiding clinical and sport training practices. Funding agencies now expect real world applications and a substantial practical return on the investment by stakeholders, participants and researchers. We will present a continuum for translating research evidence into practical applications.