**Three Ways Qualitative and Quantitative Research Differ**

Both Qualitative and Quantitative research could be used when conducting research but they both are different. According to Walden University (2021), “Generally, a quantitative study includes large numbers of participants (at least 50 or more), whereas a qualitative approach uses a smaller number (under 50)”. The first difference between Qualitative and Quantitative is the number of people who participate in the research. The second difference between Qualitative and Quantitative is their research. The qualitative research approach is based on what the researcher and reader believe. The quantitative research approach is based on hypotheses and statics of what has been proven. The third difference between Qualitative and Quantitative is the use of open-ended questions and closed-ended questions or statements.

**How Do the Approaches Fit My Study?**

After reviewing the Qualitative and Quantitative approaches, I feel the Quantitative approach fits my study. As stated by Walden University (2021), “the Quantitative studies often begin with a hypothesis (seeking answers from the general to the particular)”. Being that my research question is What causes mental health issues in children and what are some strategies to help children with mental health issues, I feel the Quantitative approach is better because I am seeking general answers. I will have a hypothesis made based on the research I will conduct.

**How will I Ensure the Approach in My Study Culturally Sensitive?**

As stated by Casado et al. (2012), “Culturally competent research criteria compel researchers to develop strategies to identify and understand the unique issues faced by a target language population”. I will ensure the Quantitative approach in my study is culturally sensitive by developing a strategy to identify the causes of mental health in children, then finding strategies that help be accommodate children with mental health issues. I will make sure I reciprocate throughout my study by providing reliable resources to support what I have found. As stated by Casado et al. (2012), “reciprocation, research that meets mutual goals and objectives of the researcher and the study population”.

**References**

Casado, B. L., Negi, N. J., & Hong, M. (2012). Culturally competent social work research: Methodological considerations for research with language minorities. Social Work, 57(1), 1–10.

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