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# Motivators and Barriers to Research among Doctors in the Karbala-Iraqi

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## Abstract

Building and enhancing the skills of medical studies is one of the crucial steps to achieving excellent medical care in low-income and low-income countries. Making use of the findings of this research to develop systems for medical services would be made simpler for people with an interest in the field of medical care. The deterioration of the infrastructure, a lack of knowledge and expertise, and a lack of funding are among the things that prohibit this, and this hinders doctors' ability to do research and causes them to not be aware of the things that encourage or deter people from doing so. Plans at the federal level might be used to broaden the area of research. Examining the issue of research barriers and drivers among doctors in the Karbala, Iraqi region is the goal of this study.

**Keywords**: Motivators, doctors, Barriers, research, Plans and factors

## 1. Introduction

There is a strong belief that medical scientific research capabilities and systems' ability to provide comprehensive healthcare are related, but there are still many issues with research capabilities, particularly in middle- and low-income countries (LMICs), where there needs to be a call to support the health system [1], and revitalization is the answer Despite the necessity of health scientific research, there has been a noticeable decline in research studies, which would impede the process of providing health services. Doctors must conduct clinical studies and research on a regular and consistent basis to revitalize primary care in the regions [2].

In order to close this gap in general and for primary health care in particular, there are numerous attempts and efforts to promote these capabilities. However, these efforts face numerous challenges, including the difficulty of clinical work, the lack of time allotted for research, the lack of research skills acquisition, the migration of mental competencies, and the high costs of maintaining research institutions [3]. It has been demonstrated that promoting research is one of the most beneficial and practical ways to improve health in the long run [4,5], that better, more egalitarian, and less discriminating health care is the aim of health research [6]. Despite this, studies in developing nations are scarce, if not unusual, and nobody wants to undertake them compared to those in civilized nations because the resources invested and the opportunities for research are limited and negligible [7].

Over the past few years, there has been a tremendous deal of curiosity about the barriers to medical research. It was discovered that among the key problems that make it difficult to do research easily are mismanagement, the lack of experienced researchers, the speed at which laws change, and the lack of time needed to gather data and statistics. Additionally, the absence of research programs hinders the advancement of research [8]. Generally speaking, medical research is not very useful, but if it is carried out in a scientifically sound manner, it can have an impact on patient care and medical education, which in turn can result in economically beneficial health services for society [9,10)]. Researchers will be able to undertake more significant studies and

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projects with the removal of these barriers, and the findings from these projects will help doctors find solutions to society's health concerns [11].

## 2. Methods:

In this study, questionnaires created by the World Health Organization were used to quantify motivational elements and gauge the organizational performance of hospitals. Between December 2022 and April 2023, a survey of 98 doctors—50 males and 48 females—who worked in the public health division, gynecology and obstetrics, maternity teaching hospital, and Karbala teaching hospital for pediatrics was undertaken. The community medicine specialist will work at the Alhindia hospital and the Training and Human Development Center in Karbala. They are between the ages of 30 and 50. The questionnaire's objective was to collect high-quality data. The study was designed to safeguard the participant's anonymity.

## 3. Results and Discussion

### 3.1 The characteristics of medical professional's clinical nutritionists, public health department, gynecology and obstetrics, maternity teaching hospital.

The present study includes 98 replies were received, of which 81.65% (80) were from physicians and 18.36% (18) were not. Sixty percent of the replies to the questionnaire were gathered from Karbala, Iraq, from a variety of institutions. were documented in (table 3.1).

Table 1: Socio-demographics

| | Frequency | Percentage % |
|---|---|---|
| **1. Age** | | |
| **30-35 years** | **18** | **18.4** |
| **36-40 years** | **22** | **22.4** |
| **41- 45 years** | **21** | **21.4** |
| **>50 years** | **9** | **9.2** |
| **2. Gender** | | |
| **a. Male** | **50** | **51** |
| **b. Female** | **48** | **49** |
| **2.Number of years in work** | | |
| **5-10 years** | **15** | **15.31** |
| **11-15 years** | **26** | **26.53** |
| **16-20 years** | **21** | **21.42** |
| **> 20** | **35** | **35.71** |
| **3.Specialty** | | |
| **a. Diploma** | **21** | **21.42** |
| **b. Board** | **57** | **58.16** |
| **c. Post MBCHB** | **11** | **11.22** |
| **d. general Practitioner** | **9** | **9.18** |

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| Table 2: Challenges faced by participants that have written one or more papers | | |
|---|---|---|
| Which of the following processes did you face the greatest…? * (98 responses | Difficulty in? Frequency | Percentage % |
| a. Publication process | (26) | (25.48) |
| b. Data collection | (24) | (23.52) |
| Statistical analysis | (30) | (29.4) |
| Writing up the paper | (18) | (17.64) |
| | | |
| What difficulties did you encounter when conducting research? (Out of 98 participants, (1)55, (2) 59 and (3) 10 responded) | Frequency | Percentage% |
| 1. Challenges of knowledge | | |
| a. Difficulty performing statistics | 27 | 26.46 |
| b. Inadequate knowledge of research methodology | 14 | 13.72 |
| Inability to identify potential research topics | 5 | 4.9 |
| Deficit in skill set for collection of data | 9 | 8.82 |
| 2. Challenges of support | | |
| e. Lack of access to journals for literature review and references | 8 | 7.84 |
| f. Lack of proper guidance/dedicated mentor | 12 | 11.76 |
| g. Insufficient or absence of funding | 8 | 7.84 |
| h. Lack of a team | 9 | 8.82 |
| Lack of support/encouragement in work place/institution | 8 | 7.84 |
| j. Unaware of means to obtain funding | 8 | 7.82 |
| k. Inadequate dedication from members of the team | 6 | 5.88 |
| 3.Other challenges | | |
| Lack of access to statistical software like SPSS | 6 | 5.88 |
| Social responsibilities | 2 | 1.96 |
| n. Loss of interest/motivation | 2 | 1.96 |

Table 3: People who have written one or more papers include:

| Table 3: Participants that have written one or more papers | Frequency | Percentage% |
|---|---|---|
| 1. What are your reasons for pursuing research? | | |
| • Personal interest | 17 | 16.66 |
| • Mandatory job requirement/requirement for promotion | 35 | 34.3 |
| • To improve knowledge of field | 13 | 12.74 |
| • To present in conferences | 20 | 19.6 |
| • Requirement for completion of degree | 6 | 5.88 |
| • For recognition/acclaim | 7 | 6.86 |
| 2. How much do you use advances in technology (video calling, online shared documents) for working with your research team? | | |

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| | | |
|---|---|---|
| **Frequency Percentage**<br><br>• **Not at all**<br>• **. Don't know how to use it**<br>• **Use it but not comfortable using it**<br>• **Use it and comfortable using it** | <br><br><br><br>**18**<br>**10**<br>**20**<br>**50** | <br><br><br><br><br>**17.64**<br>**9.8**<br>**19.6**<br>**49** |

**Table 4: Participants that have not written any papers**

| If you have not pursued research, why not?<br>* (98 responses of 98 participants) | Frequency | Percentage |
|---|---|---|
| • . Busy schedule | 32 | 31.36 |
| • Did not come across opportunities | 16 | 15.68 |
| • Never obtained any adequate/training for research | 13 | 12.74 |
| • No knowledge regarding research methodology | 4 | 3.92 |
| • Did not receive support/encouragement | 7 | 6.86 |
| • Research is expensive | 8 | 7.84 |
| • Absence of a guide | 7 | 6.86 |
| • . Not interested | 4 | 3.92 |
| • No other colleague/friend interested in doing research | 3 | 2.94 |
| • Research is only meant to be done in medical colleges | 4 | 3.94 |

In our current study, a lot of scientific research was published and written by males compared to females, which confirms this result. Global studies, including female publication of less scientific research. Studies have shown that females write and publish at a lower rate. It is likely that the reason is due to many points, including conditions of inequality and bias between both sexes, as females represent a quarter of the professors and receive the lowest percentage of salaries [4] as well as the conditions of great fatigue to which women are subjected and the lack of control over working hours, in addition to the lack of fairness in the distribution of financial grants between females and males [5] as well as women do not participate in individual research And the dominance of men on the sites of the first excellent authors and not feeling tired and exhausted.

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Our community analysis revealed that fewer medical professionals were publishing and authoring scientific research and integrated research publications. This could be attributed to a variety of factors, including a larger depletion of work., inadequate institutional support for scientific research and a lack of control over the work's pace and timing [12], along with a lack of funding, other factors that prevented doctors from writing scientific research include the time commitment, inability to recognize research issues, ignorance of research methodology, and a lack of encouragement and support. [13].

The research and publishing processes often face delays and difficulties. The research is submitted, first confirmed by the editor-in-chief, then examined by the assistant editor, editor, and editor-in-chief, after which the reviewers are consulted, and then the publication is approved [14]. In the age of progress via the Internet, this is a lengthy and integrated process with each research being done multiple times. Any delay for specific reasons can be a source of worry and annoyance for many author doctors, as shown in our data, where more than 40% of these doctor's experience difficulty and delay in the publishing process, in order to avoid unjustifiable and unnecessary delays, students must follow the journal's guidelines, deal with reliable scientific journals for their investigations, and assure the quality of their grammatical writing [15]. Numerous studies have concentrated on using technology to enhance doctor-patient communication in order to deliver better medical care and monitor patients enrolled in clinical trials. A lot of research has focused on how to use technology to improve doctor-patient communication in order to provide better medical treatment and keep track of patients participating in clinical trials [16, 17].

## 4. Conclusions

According to the World Health Organization, in order to achieve its goals of bringing all people to the best possible state of health, high-quality scientific research is necessary. Research findings are among the crucial components for enhancing economic growth and worldwide health. Any researcher can find data and trends, put strategies into practice, and test them to get Effective remedies. Understanding the ecosystem of the medical scientific researcher is therefore essential for its development. We think that during the training years, medical research needs to be prioritized, given a lot of attention, and developed. Doctors can be inspired to do scientific research and address the issues, challenges, and problems they encounter. Through monetary and institutional support, this is possible.

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