The book "Scientific Methodology for Health" was launched in 2015 by the authors Sonia Vieira, Professor of Scientific Methodology in the Post-Graduation Program of São Camilo University Center, and William Saad Hossne, Professor emeritus of the Botucatu Medical College/ UNESP, in order to supply the lack of technical/methodological books for specific groups, especially health professionals and biomedical researches.

The work under review is a research product of the authors in the area of scientific methodology applied to health and has 192 pages, distributed in nine chapters. Compared to other publications, it is very specific and compact. Moreover, the ease of reading is not only due to the aesthetics presented in the book, but also in the presentation of the content, in a didactic way. There is use of figures, tables and flowcharts. As an example, the one presented on page 14 for clinical study.

In its composition, the chapters are presented with common themes and sub-themes that situate the reader in the delineation of their approaches. In principle, the book addresses the regulations of the National Agency of Sanitary Surveillance (NASS) and the National Commission of Ethics in Research (NCER) on research involving human beings and clinical trials. Also, they are divided in: Basic Notions; Clinical Trials: Definitions; Clinical Trials: More definitions; Design of Clinical Trials; Clinical Trials in Pharmacology and Surgery; Observational Studies; Primary Data and Secondary Data; Review of Literature and Statistics: Myth and Reality.

In addition, the work is full of examples of scientific work, so the reader can better understand the different types of study, in a broader and clearer way. One of the positive points is found at the end of each chapter, where the authors make a brief recapitulation of the topic addressed, highlighting the essential points, in an objective and synthetic way, and the outline of what was presented.

It should be emphasized that in order to assist and direct academic and scientific production, the book contains important elements about the different research methods regarding clinical trials in the health area and, especially, studies involving human beings. By virtue of this, it allows the reader to elucidate the problems experienced in the type of scientific methodology applied during the development of its research plan, with emphasis on technical standards and validated scientific methodological pillars.

It is inferred that the researcher, whatever the applied area in which he/she is inserted, tends to go in search of a greater objectivity, practicality, to understand the reality and problem-questions. However, there is a need for rigorous accuracy of its findings, regarding data processing and analysis, since it is a field that necessarily requires compliance with the specific design of the type of research and the techniques employed.
The work could perhaps use more colors in its illustrations, so that they were more visualized. On the other hand, the colors used, gray and black, make the book characteristic of the publications available in our environment. Small format and weight are fundamental structures for readers who wish to use the work, day by day, as a guide.

Certainly, the price of the work ensures that it is accessible to the vast majority of the public who want it as a learning and study material in this area, as well as offering another, more ecological and economical alternative: the digital version, in e-book format, presenting itself as a good tool to aggregate knowledge and research.

This edition, revised and updated, presents itself as a practical book for the scientific work focused on the health area. It is recommended for health professionals or scholars, since it offers the reader safe guidelines on research methods, designs and basic elements. Finally, in general, the content is a rich material for consultation, and can be used as a means of didactic-pedagogical intervention by the teachers of scientific methodology that teach this content.

REFERENCE