

# **Interactive Research – an Attempt to Analyse two Change Programmes**

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This article describes and discusses an interactive research approach, and illustrates this approach by presenting two examples of national change projects. Our aim in presenting these two examples is to demonstrate how interactive research *can* be conducted in close co-operation with those concerned, within the framework of a critical and reflective community. The two cases presented serve to illustrate how an interactive research approach can support the development and dissemination of project experience, but also how the interactive approach can act as a means of generating theoretical knowledge in order to identify and understand more of the mechanisms involved in sustainable work environment and health work.

**Key words:** Sustainability, interactive evaluation, theoretical development, developmental-oriented learning, a critical and reflective community

## **1. Introduction**

This article describes and discusses an interactive research approach, and illustrates this approach by presenting two examples. The first, more extensive, example relates to an assignment to evaluate a major national programme comprising 18 projects that aimed to promote health and reduce the level of absence from work due to illness. The second example describes a stand-