

Scottish Mental Health Service User Research Network

ABSTRACT FORM

The Scottish Mental Health Service User Research Network was launched in 2011 with the aim of promoting mental health service user research in Scotland through helping to develop partnerships with other organisations, build capacity amongst service user researchers and showcase examples of good practice in relation to mental health service user research.

Organisations or researchers are invited to submit an abstract of their research to the Network. Where submissions satisfy the criteria agreed by the Network for service user research, these will be published on the Voices Of eXperience (VoX) website at <http://www.voxscotland.org.uk>.

If you wish to submit a research abstract or have any questions please email Chris White at c.white.mentalhealth@gmail.com

Research Title:	Mosaics of Meaning
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Author(s):	NHS Greater Glasgow and Clyde
Date:	2010

Details of User Involvement (50 words max): *(This should include brief details of the level of participation by services users in the following stages of the research: research design; implementation and data collection; data analysis; dissemination)*

Service users were involved in focus groups, including facilitation, and community conversation. They were also involved in the production of a book called 'Are you really listening?' allowing them to express themselves, and talk about their experiences.

Research Rationale (50 words max): *(This should include brief details of the purpose of the research).*

It became recognised that the campaign to deal with stigma surrounding mental health (See Me) was not really reaching BME communities. There are also cultural and language barriers, which makes people with mental health problems more vulnerable. The project aims to address stigma surrounding mental health in Pakistani, Indian, Chinese, and African and Caribbean communities.

Method (75 words max): *(Brief explanation of research methods, participation, data collection, analysis etc.)*

Focus groups to discuss stigma and mental health were held by six community projects working with BME communities across Glasgow. A review of literature into stigma surrounding mental health in target communities was also commissioned. These both provided valuable qualitative data, which was analysed at validation sessions.

Findings and Recommendations (150 words max): *(Please provide a brief overview of the main findings and recommendations)*

The focus groups revealed cultural issues with the perception of mental health problems. They were not always accepted as a concept, but were seen as a response to situational stresses, or alternatively as contagious. There is profound stigma attached not just to the individual, but to their family, which can seriously harm marriage prospects. There are cultural and language barriers to seeking treatment. It was seen as important to engage with communities and further discussions were facilitated by local people. This raised awareness and allowed for dialogue rather than just 'messaging'.

It was also critical to involve faith leaders, who were the most likely to be asked for help. A conference of faith leaders was held. Faith leaders want to be involved so they can recognise mental health problems and refer people to the right services. Service users from BME communities were also involved in the production of a book called 'Are you really listening?' allowing them to express their thoughts. Arts and film were used successfully to engage with the communities.

Dissemination Details (50 words max): *(This should include details of any events, journals etc. and how to obtain copies of the research)*

Several reports and journal articles, listed in the project, were written as a result of this work. A film is also being produced for 2011, a national dissemination event planned for December 2010, and four new anti-stigma demonstration projects with BME communities supported by NHS Health Scotland.

Keywords: *(keywords aimed at identifying the research report in information systems and search engines)*

'mental health' 'BME' 'black and ethnic minority communities' 'stigma' 'NHS'

Link to full research paper:	http://www.voxscotland.org.uk/webfm_send/53
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Contact Email:	info@voxscotland.org.uk
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Are you happy for this email address to be published? Yes No

Telephone Number	0141 572 1663
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Are you happy for this number to be publicised? Yes No

Completed forms should be returned to: Chris White at c.white.mentalhealth@gmail.com

Thank You