

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:	Moving Minds Research Project
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Author(s):	Mental Health Foundation
Date:	2011

Details of User Involvement (50 words max): <i>(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)</i>
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5 service users were recruited as researchers. Along with those in support roles, they designed the study. Data were collected through focus groups of service users. Service user researchers were also involved in data analysis.

Research Rationale (50 words max): <i>(This should include brief details of the purpose of the research).</i>
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This report aims to understand what increases and decreases levels of self-management of mental health conditions in deprived communities. Secondly, to develop a model of research that combines service user research and principles of community development

Method (75 words max): <i>(Brief explanation of research methods, participation, data collection, analysis etc.)</i>

Participants were long standing service users recruited opportunistically. Questions on mental health problems in deprived areas, self-management of those problems, and what aided and hindered it, were discussed in several focus groups of service users (some containing asylum seekers). Data was collected qualitatively.
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Findings and Recommendations (150 words max): <i>(Please provide a brief overview of the main findings and recommendations)</i>
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Family stresses, including bereavement, can often act as a trigger for mental health problems. Deprivation is damaging, leading to frustration from lack of opportunity as well as more practical worries. Refugees may face concerns relating to migration, lack of acceptance or difficulty integrating.

Self-management is important for many, but can be reduced by a sense of isolation, helplessness and stigma. Racism and language barriers also prevent people from self-managing. Self-management can start with avoiding known-stressors. Hobbies help, giving a sense of achievement, and acting as a distraction. Family can both be a source of support, and provide a sense of purpose. Religion and positive thinking are both helpful.

The report calls for greater public education, and to reduce stigma amongst asylum seekers and refugees. Greater awareness of services, which are important in supporting self-management, is needed. Practical support is also required i.e. with childcare, and learning English.

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

A peer-reviewed journal paper, and a “resource aimed at people with a lived experience of a mental health condition” are being produced. There is also a launch event as part of the Scottish Mental Health Arts and Film Festival on the 6th October 2011.

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

‘Moving minds’ ‘service users’ ‘asylum seekers’ ‘Glasgow’ ‘mental health’

Link to full research paper:

<http://www.mentalhealth.org.uk/our-work/research/research-projects/moving-minds/>

NB paper not at this link, but details of project are given. Paper should be available here

Contact Email: scotland@mentalhealth.org.uk

Are you happy for this email address to be published? Yes No

Telephone Number **0141 572 0125**

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

