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:	Psychological Therapies

Author(s):	VOX
Date:	2011?

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)*
VOX (made up of service users) designed and implemented the study. Service Users responded to a questionnaire, acting as participants. In this way, service users were involved at all levels.

Research Rationale (50words max): *(This should include brief details of the purpose of the research).*
Desirable to hear how service user's views of existing psychological therapies, and how they can be improved.

Method (75 words max): *(Brief explanation of research methods, participation, data collection, analysis etc.)*
VoX circulated a questionnaire amongst its members, all service users, asking for their thoughts on current provision of psychological therapies, and their recommendations on what they'd change. 23 questionnaires were returned, and qualitative data collated.

Findings and Recommendations (150 words max): *(Please provide a brief overview of the main findings and recommendations)*
Greater provision is necessary for shorter waiting times. Services often not there when needed. Early intervention must be encouraged. Introduce targets for the provision of

therapies – decrease medication, increase talking therapies. Don't always need or want a psychologist – would like to involve other health staff. Need greater awareness about the choices available. Lack of person centred approach, more holistic view to take account of whats going on in their life. Recommendation of more active role in therapy. Community support must be used more. Greater attention to wellbeing, occupational therapies, inclusion initiatives.

Dissemination Details (50 words max): *(This should include details of any events, journals etc. and how to obtain copies of the research*
None given.

Keywords: *(keywords aimed at identifying the research report in information systems and search engines)*
'Vox' 'Scotland' 'service user' 'talking therapies' 'mental health'

Link to full research paper:	http://www.voxscotland.org.uk/publications

Contact Email:	info@voxscotland.org.uk

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

Telephone Number	0141 572 1663

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