

## **A qualitative study exploring the physical healthcare of mental health service users from Black, Asian and minority ethnic backgrounds**

### **Summary of the project**

We know that people with severe mental health problems experience a much shortened life expectancy. Much of this is due to preventable physical causes: stroke, cardiovascular disease, diabetes, lung disease and cancers. However, we do not know what barriers people with severe mental health problems find in seeking care for their physical health needs. In this project, we want to talk to mental health service users to understand better their experiences with health services. Since we are conducting this study with people living in South London we are interested in the experience of people with diverse backgrounds and, in particular, those who identify as having a black, Asian or minority ethnic background. We aim to talk to people through focus groups and through interviews.

### **Role description**

#### **Purpose / role of the group:**

The group will be established in early 2017 to provide personal experience and knowledge to help guide the project. The group will be facilitated by a member of the research team who has personal experience of using mental health services.

The aims of the group are to:

- Ensure that the views and priorities of service users play an important part in the research process
- Advise on the design of the project (what we plan to do, including how to approach participants, how to deal with potential challenges, what are the important questions we should be looking at)
- Provide guidance for the running of the focus groups (by working with the researchers to design questions which address people's main concerns)
- Where possible, work together with researchers to analyse and understand the findings
- Where possible, work together with researchers to present findings to different audiences (including health care professionals and community members).

## Membership:

**We want to ensure that all members are adequately compensated for their participation and contributions. Because of this, we need to restrict the group to 6 members.**

The group will consist of people who have experience of using mental health services, preferably in South London. Since the study seeks to recruit service users from diverse backgrounds to inform on the study, we are keen to recruit from under-represented groups.

Members should be

- over 18 years old
- with a range of experiences, both as service users and in their day-to-day lives
- able to come to regular meetings in a South London location
- able to attend meetings for approximately 12 months (but we understand that things can change for people)

All discussions will be confidential. This and related issues (for example, how often the group meets) will be discussed and agreed on the first meeting.

## Working methods / ways of working:

The group will meet regularly: we will start meeting once a month, but this may change, depending on the progress of the study.

The group will meet at an accessible South London venue

Meetings will be 1-2 hours.

Members will be paid a flat fee of £25 per meeting

Members will have their travel expenses paid

Please remember that this payment may be regarded by HMRC and other agencies as income. We would recommend that people who receive benefits seek advice from a benefits advisor, or Jobcentre Plus before agreeing to accept payments.

Normally we will use email to communicate with the whole group. If people are not happy with this (for example if they prefer to have information posted to them) this can be arranged.

If you are interested in participating in this group, please complete the short application form below and send it to Stan Papoulias (Konstantina.papoulia@kcl.ac.uk) .

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### **Application form for Steering Group**

We are committed to protecting your privacy and security. We will only use the information you send to us to help us select the members of the group. We will never disclose personal information about you to any third party unless you clearly give us permission to do so.

Please complete and return this form to Stan Papoulias (Konstantina.papoulia@kcl.ac.uk) .

By post: Stan Papoulias, PO 34, David Goldberg Centre, Institute of Psychiatry, Psychology & Neuroscience, De Crespigny Park, London, SE5 8AF.

If you have any questions, please contact Stan on 02078485077

#### **Your details:**

Name:

Address:

Email:

Telephone:

1. Please state tell us why you would like to be part of this group

2. What experience will you bring that will help you in this role?

3. If you were able to join the steering group, would you be able to attend every month? If not, how often could you attend?

Signature:

Date: