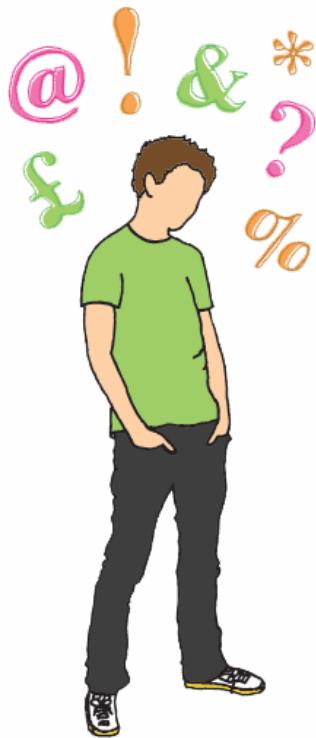


# What do relatives need from a supported self management package in early Psychosis? *A qualitative focus group study.*



Laura Wainwright

# REACT

## Relatives' Education And Coping Toolkit



# Authors

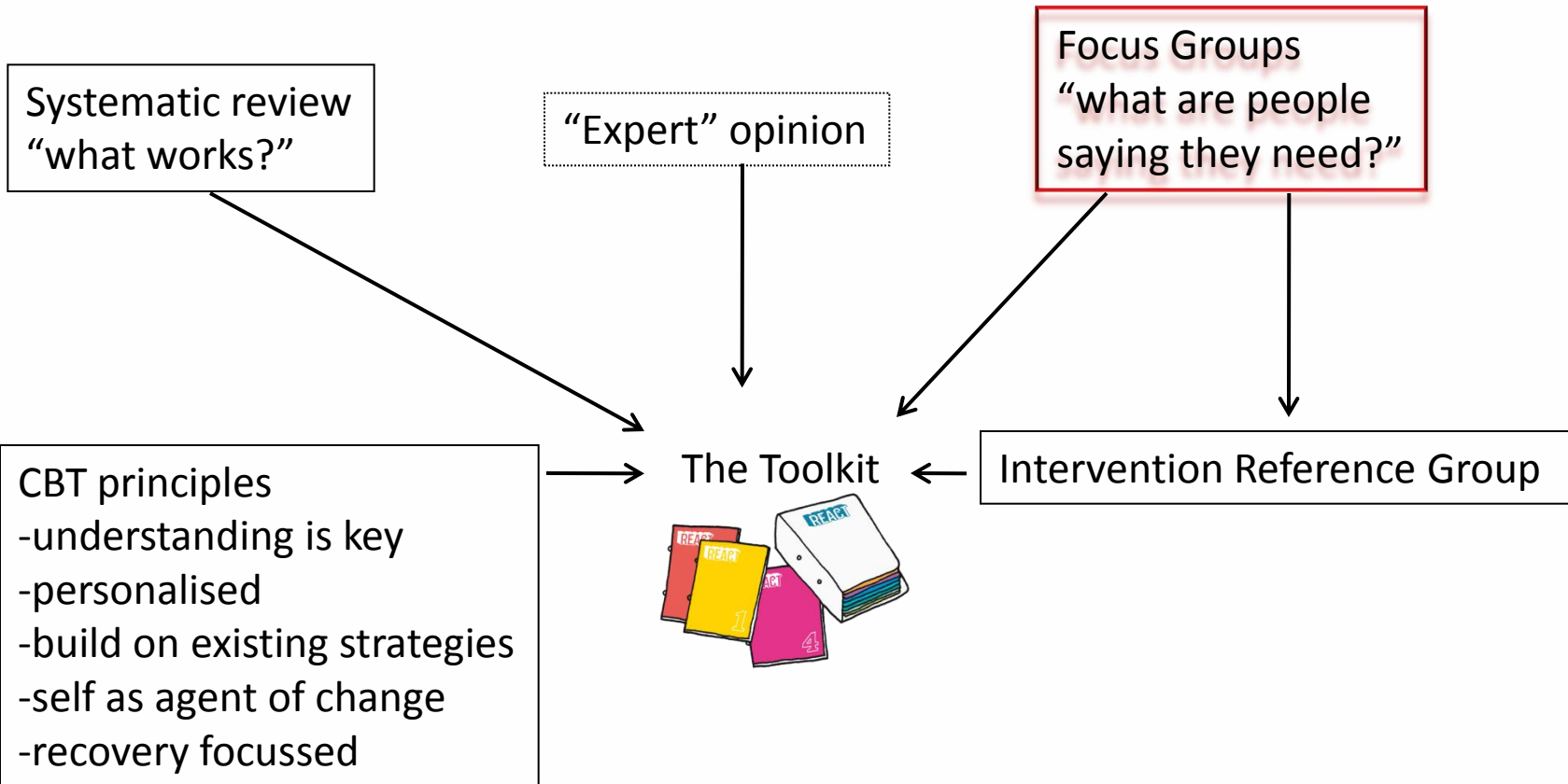
- Fiona Lobban (LCFT - [f.lobban@lancaster.ac.uk](mailto:f.lobban@lancaster.ac.uk))
- David Glentworth (GMW)
- Vanessa Pinfold (Rethink)
- Warren Larkin (LCFT)
- Relative - anonymous
- Graham Dunn (Manchester University)
- Gillian Haddock (Manchester University)



## Research Assistants

- Laura Wainwright (lead RA) – [l.wainwright@lancaster.ac.uk](mailto:l.wainwright@lancaster.ac.uk)  
07507856933
- Adam Postlethwaite

# Phase 1



# Method

*Table 1. Descriptive statistics of the four focus groups*

	<i>No of relatives in group</i>	<i>Mean age of relatives</i>	<i>Mean age of relative with psychosis</i>
<i>Bolton</i>	6	53	25
<i>Blackpool</i>	7	56	30
<i>Preston</i>	5	54	21
<i>Trafford</i>	5	63	30

Recruited from;  
 NHS Early Intervention Services  
 Making Space  
 Other agencies

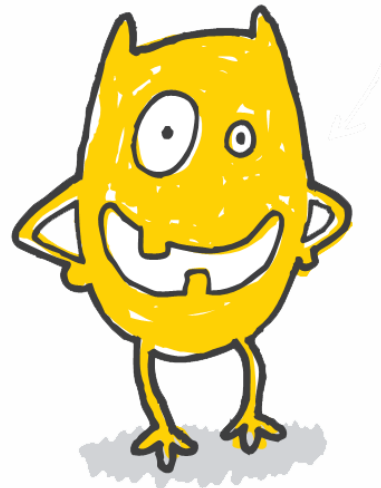


# Topics for discussion

- What does the toolkit need to cover, i.e. what would have been helpful to have at the onset of EIS?
- What is the preferred format?
- What support would people like to receive to use the toolkit?
- What are the perceived barriers to using this toolkit?
- What would have changed as a result if you had had the toolkit?

# Results

- Content
- Format
- Support
- Barriers
- Outcomes



# Content

- Information
- How psychosis affects carers/relatives
- Coping strategies
  - Recognising EWS
  - Crisis information
  - How to get services for your needs
- Understanding sharing of information
- Recovery and other information for the SU
- Practical advice
  - Dealing with other family members, friends, employers etc.

# Format

- Simple and in plain English
- Multiformat
- Professional but inviting and engaging.
- Bespoke
- Modular
- Phase specific – early
- Question and Answer Forums
- Sections for other people
- Celebrity endorsed

# Support

- Professional to contact the relative
- Introduction to the toolkit
- Well informed supporter
- Visits from supporter
- Email support
- 24 hour support
- Phone number to contact someone
- Peer/buddy system
- Computer support

# Barriers

- Difficult period before diagnosis
- Dull toolkit
- Taking services from SU's
- Denial
- Time
- Helplessness
- Shock
- Literacy skills (including computer literacy)
- Own mental health
- Drained
- Lack of support

# Outcomes

- Increase in morale
- Feeling supported
- Awareness of own needs
- Knowledge of services
- Not alone
- Confidence
- Understanding and Knowledge

# Implications for REACT

- Self management – easy to get out to lots of people early on at first contact, flexible to use
- Supported by NHS staff (minimal)
  - Face to face visit followed up weekly by email/telephone contact
- Just for relatives with aim to reduce their distress
- 13 “sections” – pick and choose
- Alternate formats - Booklets / website
- Attractive and engaging....discovery rather than didactic
- Links to wide range of other resources
- Informed by
  - Review of evidence
  - Focus groups - relatives

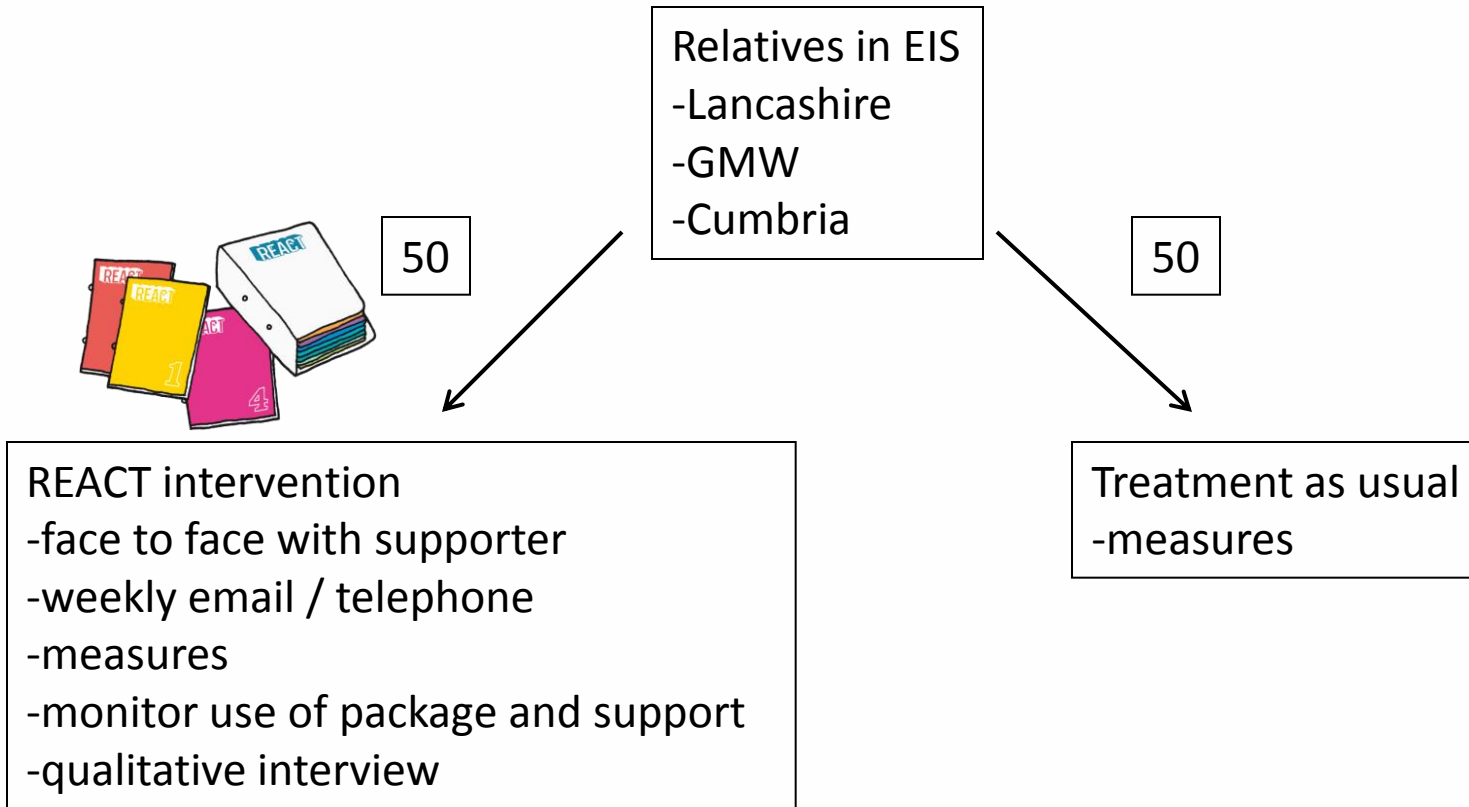


# Further Analysis...

- A further analysis of the data has begun asking the question, 'what do relatives of people in early psychosis experience'.
- These results will be disseminated at a later date.



# Phase 2



This presentation presents independent research commissioned by the National Institute for Health Research (NIHR) under its Research for Patient Benefit (RfPB) Programme (Grant Reference Number PB-PG-0807-14075). The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.