



Sussex Partnership
NHS Foundation Trust

The Brain and Body Theme

Patient and Public Involvement in a
small research project

What is the Brain and Body theme?

- Research which involves MRI (imaging)
- Research where the relationship between the bodies responses and mental health is explored
- It includes the immuno-psychiatry research clinic – where people with autoimmune conditions such as lupus, rheumatoid arthritis and MS and difficult to treat depression receive help

Research funded by the HEADS ON charity

- Heads on provided a small grant of £4000 to investigate the outcome of providing 4 Psychoeducation (How to self care) sessions to people with autoimmune conditions and difficult to treat depression
- This research will act as a feasibility study to determine if it is possible to recruit. If successful findings will be used to support a full funding application
- Dr Alessandro is the chief Investigator

The Lived Experience Advisory Panel

- People with lived experience of these conditions met to consider a number of questions:
- What topics should the sessions cover?
- What format should the sessions take?
- Who will be the participants?
- How will they be supported after the sessions?
- How often should the sessions be held?

What impact have the LEAP members had on the research plan?

- The LEAP produced a list of ten topics which were important to people these included diet, sleep, pain, exercise, alternative treatments
- From this list 4 sessions were chosen the final decisions being decided by voting
- Originally the format for the sessions was a lecture type approach with at least one hours presentation. The format has changed as the LEAP felt this was too long and difficult for people who are not well.

Impact continued

- Participants will be recruited from outside of Sussex Partnership services
- The sessions were originally going to be weekly but the LEAP decided by voting that they should be every fortnight
- Both the LEAP and the research team recognise the need for signposting and possible follow up after but this is not yet resolved.

What its like to be involved?



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