

# Would you like to contribute toward the design and running of a research project?

## **Developing occupational therapy for sleep problems in schizophrenia and related conditions**

### The research project:

We know that people with conditions which cause symptoms such as hearing voices, paranoia, or unusual beliefs, often also have poor sleep. This research project will design, develop and test a non-drug treatment, a 'behavioural' treatment, to help improve sleep in people with these conditions.



### Patient and carer involvement:

We want to involve people in the design and running of the project, who have some lived experience of the difficulties we are trying to help. It is known that this can help make sure research is well informed. Research involvement like this, is different from participating in research as a 'subject' or participant. This is a bit more like working on the research project.

### What does it involve:

We have a lot of areas which we would like help with. These might include tasks like:

- Giving feedback on written documents – Does the language make sense? Will the way it is written come across well to patients, carers and the public?
- Meetings to help analyse qualitative (words not numbers) data.
- Meetings to talk about results from the research and how we should interpret them.
- Helping choose between different technology to use within the therapy – You might look at different devices (watches which track activity levels, other items like light boxes, or phone apps) and give your opinions.

There is some flexibility, not everyone has to do the same tasks, or the same amount.

We would like to establish a core group of involvement contributors who would plan to stay involved until the end of the research project (2022!). We will ask for expressions of interest in longer term involvement, from people who have been involved earlier on.

Payment: Payment will be provided for your time at £10/hr (rounded up to 1hr if it is less than 1hr), and travel expenses where relevant. Refreshments will be provided for in person group meetings. At longer sessions which fall at lunchtime, lunch will be provided.

Who can get involved:

- People with conditions which cause symptoms like hearing voices, paranoia, or unusual beliefs. This might include: schizophrenia, schizoaffective disorder, delusional disorder.
- We will also have some places for people who are family or close friends of someone with one of these conditions – you might class yourself as a carer.
- It is useful if you are able to travel to meetings by some method (travel expenses paid), although there is a possibility to do some tasks from home.
- You do not need to have any previous experience of research.
- You do not need any formal qualifications.

This is an opportunity to help to conduct the research project in the kind of ways described above. If you are more interested in participating in the research at a one off discussion group, or in having the therapy which is developed from this study, you can ask us to contact you later on, when we are recruiting participants for those activities.

For details or to arrange to be involved, please contact:

**Sophie Faulkner (Occupational Therapist / Clinical Doctoral Research Fellow)**

University email: [sophie.faulkner@manchester.ac.uk](mailto:sophie.faulkner@manchester.ac.uk)

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You may also contact, Penny Bee (Sophie's academic supervisor) if you prefer to:

[penny.bee@manchester.ac.uk](mailto:penny.bee@manchester.ac.uk)