

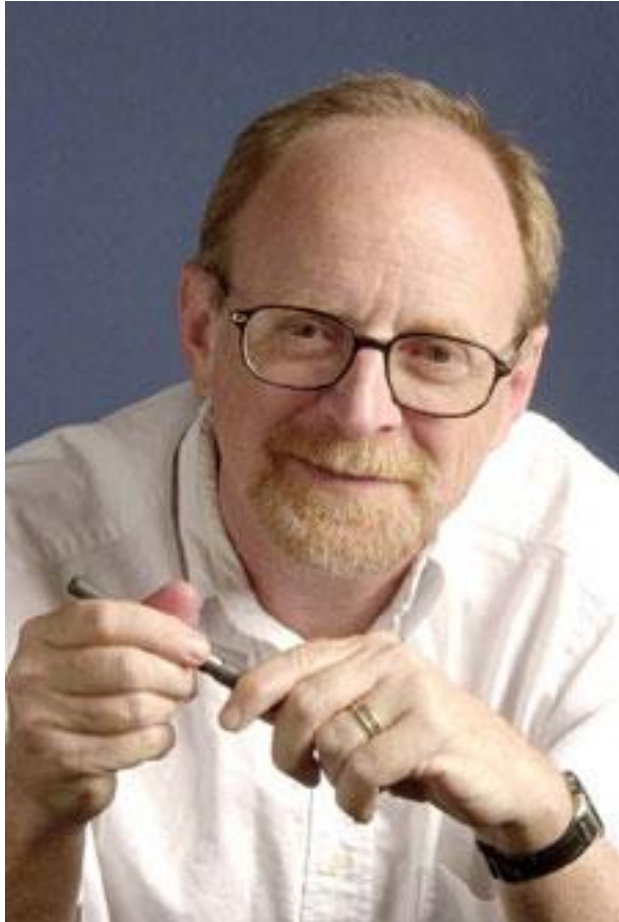
PPI (Patient/Public Involvement) in the Development of an Intervention for Carers of People with Psychosis

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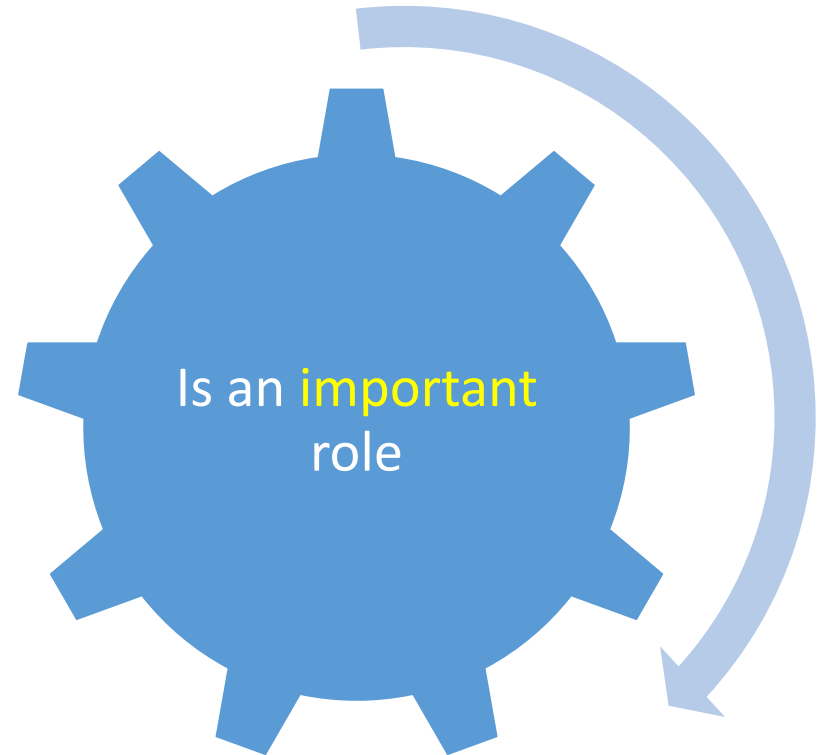
Professor of Family Medicine and Primary Care,
Lee Kong Chian School of Medicine, Singapore

Jamie Pennebaker

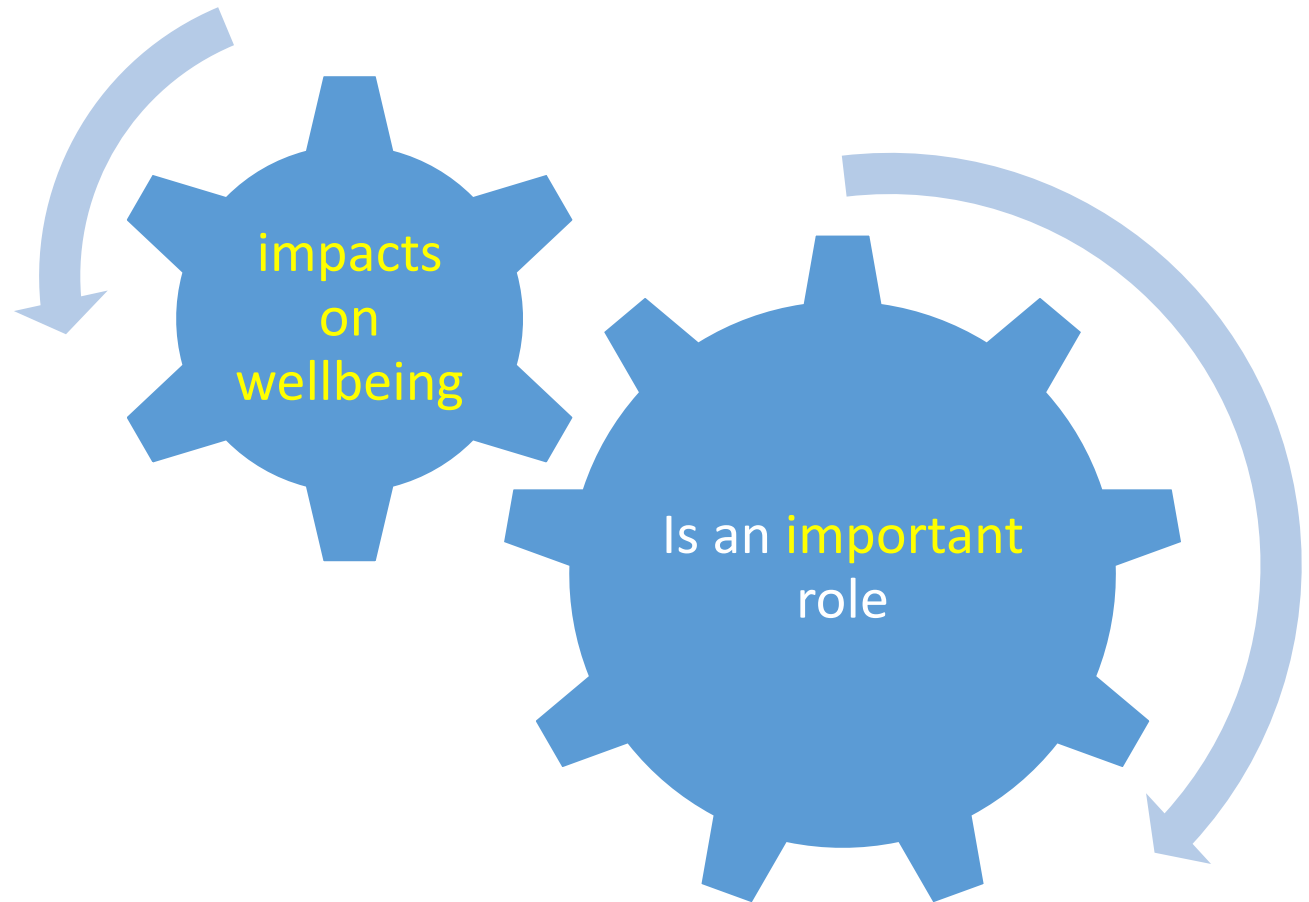


- Writing about emotions can improve health
- Instinctive that people want to talk about emotional experiences
- Inhibiting emotions is bad for physical and psychological well-being
- Pennebaker developed an expressive writing intervention to help people to disclose previously undisclosed emotions about stressful experiences

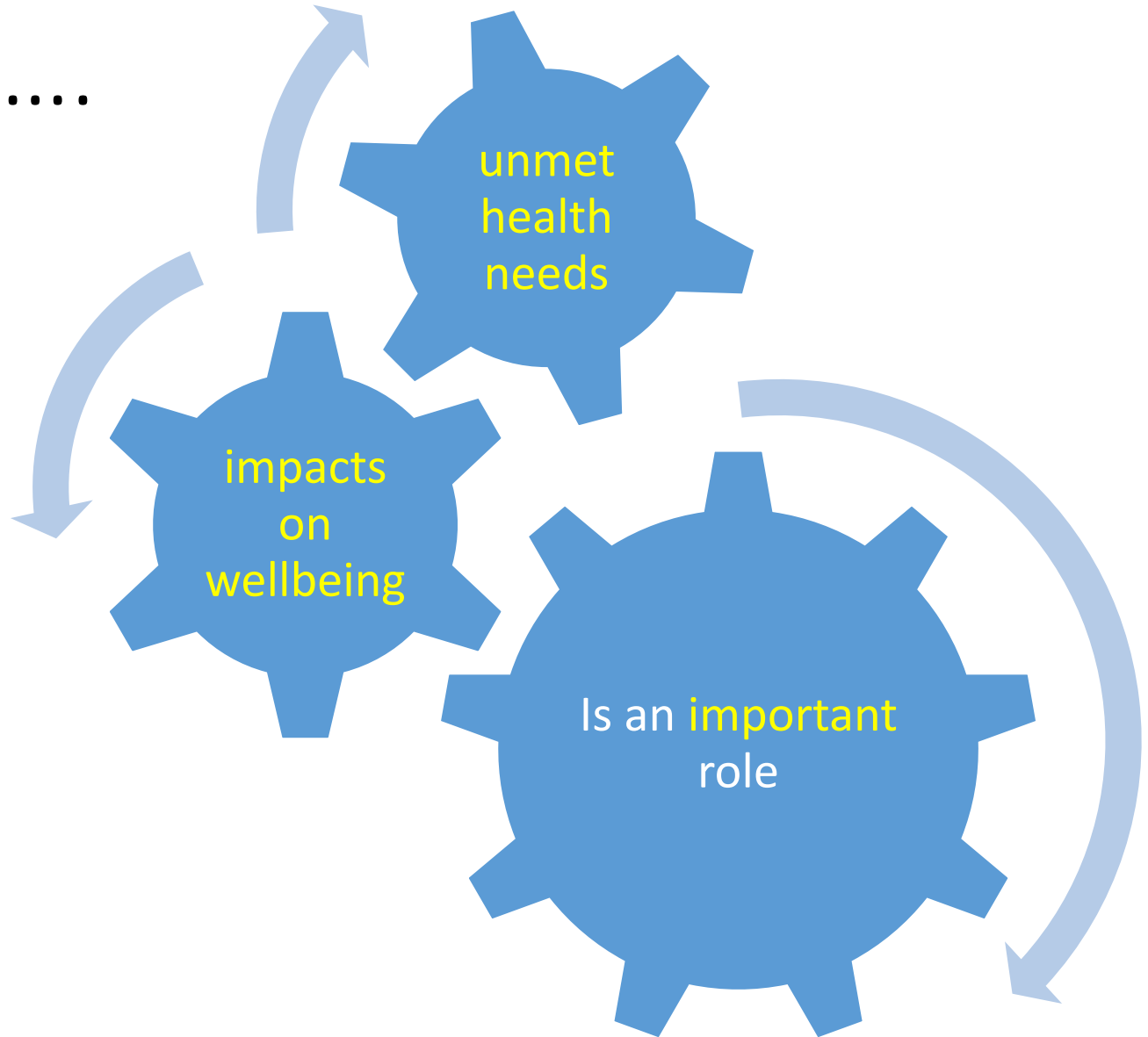
Caring



Caring



Caring



Caring for a Person with a Psychotic Illness is particularly challenging

- Involves coping with:
 - Changes in behavior
 - Changes in personality
 - Stigma
- Associated with:
 - Higher prevalence of anxiety, depression, helplessness
 - Poorer quality of life

Can a Writing Intervention help the Carers of People with Psychosis?

- Can be done at one's own convenience
- Quick
- Little equipment needed



Intervention Group Writing

.....to write about your very deepest thoughts and feelings about a stressful experience that continues to bother you

Control Group Writing

.....to write factually about:

Day 1 - Typical day

Day 2 - Food eaten

Day 3 - Leisure activities

What we learned from this Feasibility Trial (n=28)

- Plenty to write about
- Many perceived benefit from writing
- Majority (86%) completed the 3 days of writing

BUT

- Only 1 in 5 carers who were invited to test a writing intervention agreed to participate
- Our 'control' writing instructions were not neutral in this context

LEAP

How we **involved** Caregivers in the **Design** of the **C4C** study

LEAP = Lived Experience Advisory Panel

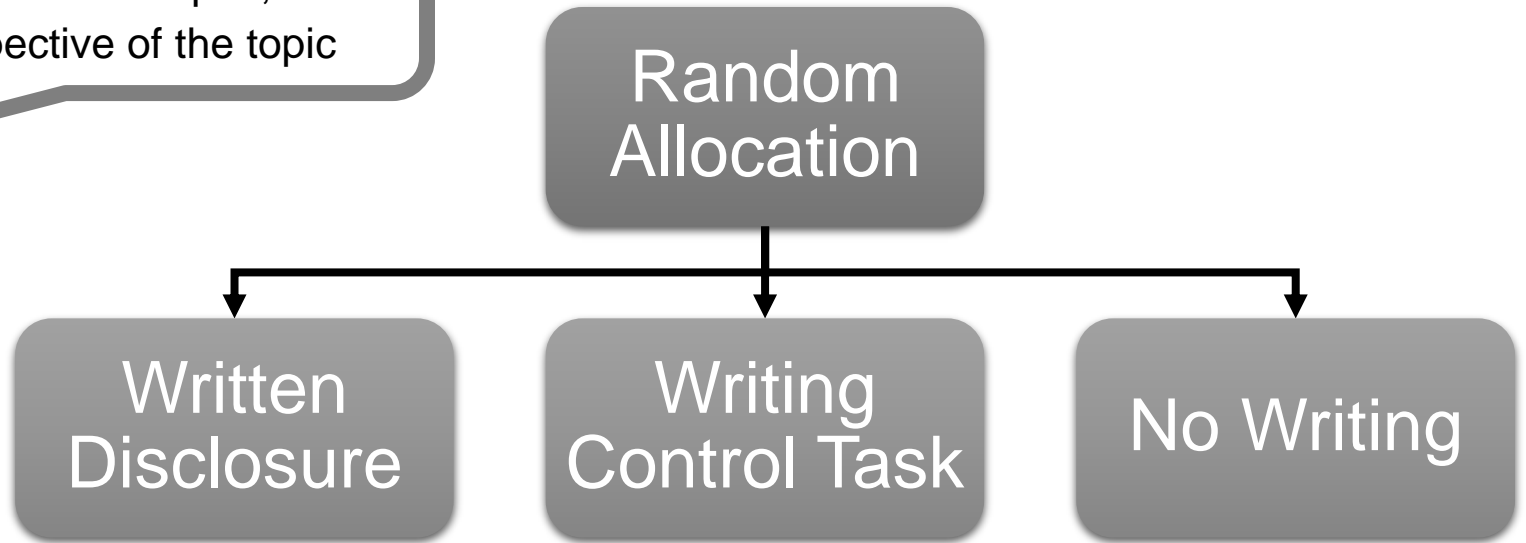


Control Group

Writing in itself
could be helpful,
irrespective of the topic

Extra Control Group

Writing in itself
could be helpful,
irrespective of the topic



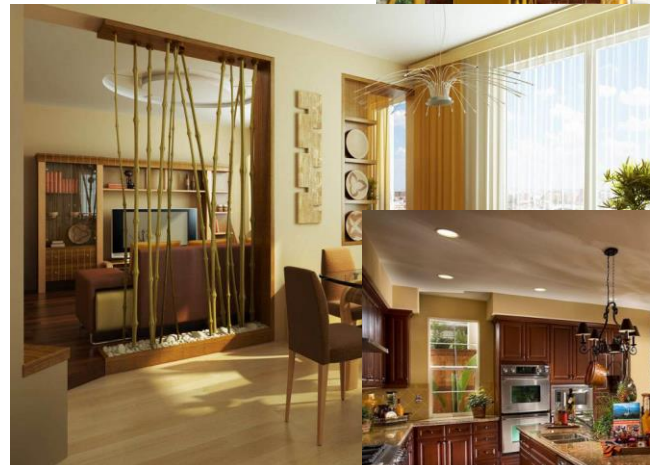
Images, not Routine Tasks

Those images are not neutral –
they could trigger positive or
negative emotions



Preferred Images

Those images are not neutral –
they could trigger positive or
negative emotions



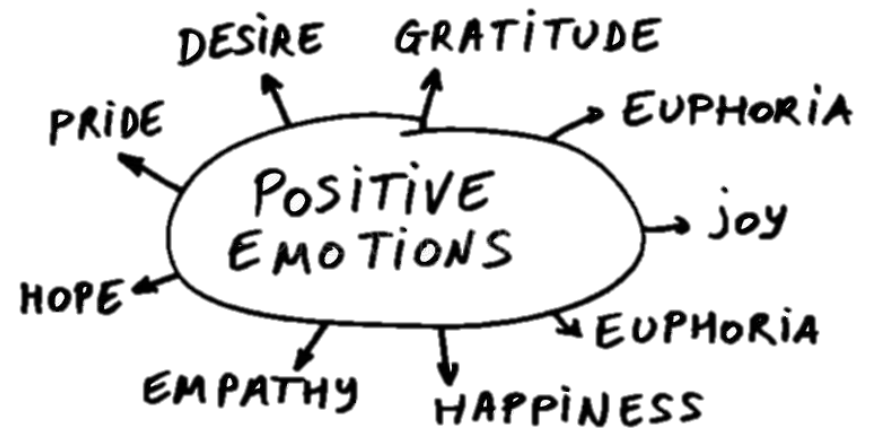
Outcome Measures

All of these measures have a negative focus



Outcome Measures

All of these measures have a negative focus



Final Protocol

Positive Written Disclosure

Aim: To improve mood and wellbeing

Duration: 20 minutes, for 3 consecutive days

Write about your deepest thoughts and emotions towards a **positive** experience or memory



Future Plans

LEAP will advise on:

- Recruitment strategies
- Making sense of the study results
- Disseminating the results
- Planning the next steps for this research

