

LIVED EXPERIENCE INVOLVEMENT



In mental health-tech research



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PRESENTATION OUTLINE



About us: MQ Mental Health Research



Why is Lived Experience involvement and engagement so important ?



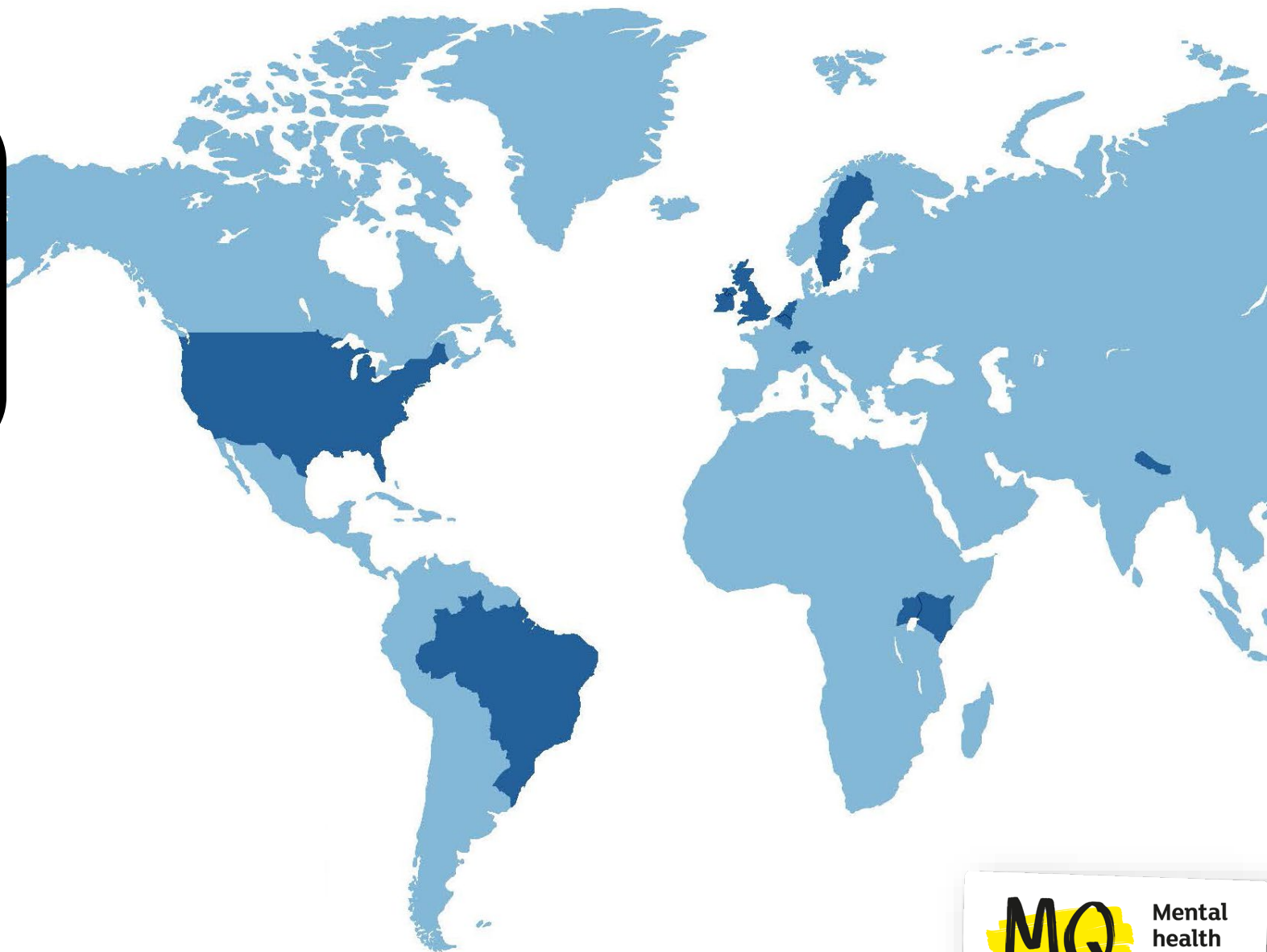
Essentials of Lived Experience involvement



Key messages

MQ'S GLOBAL IMPACT

We have invested **£30 million**
To support ground-breaking
research through grants and
collaborations in **37 COUNTRIES**



WE DO THIS THROUGH:

- Delivering grant rounds
- Convening and consulting
- Partnering on research

MINDSET-XR INNOVATION SUPPORT PROGRAMME

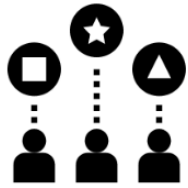
MQ's role in the programme



Lived Experience involvement and engagement

COMMONLY USED TERMS

Commonly used terms



Lived Experience (LE)

People with Lived Experience

Lived Experience Experts

Experiential Advisors



Co-production with Lived Experience

Public and Patient Involvement and Engagement (PPIE)

Lived Experience involvement and engagement

OVERSEEING PATHWAY TO IMPACT



Mental Health research



MH conditions



Happier, healthier lives



- ✓ Prevented
- ✓ Detected
- ✓ Treated



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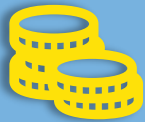
WHY DO WE NEED LE INVOLVEMENT AND engagement



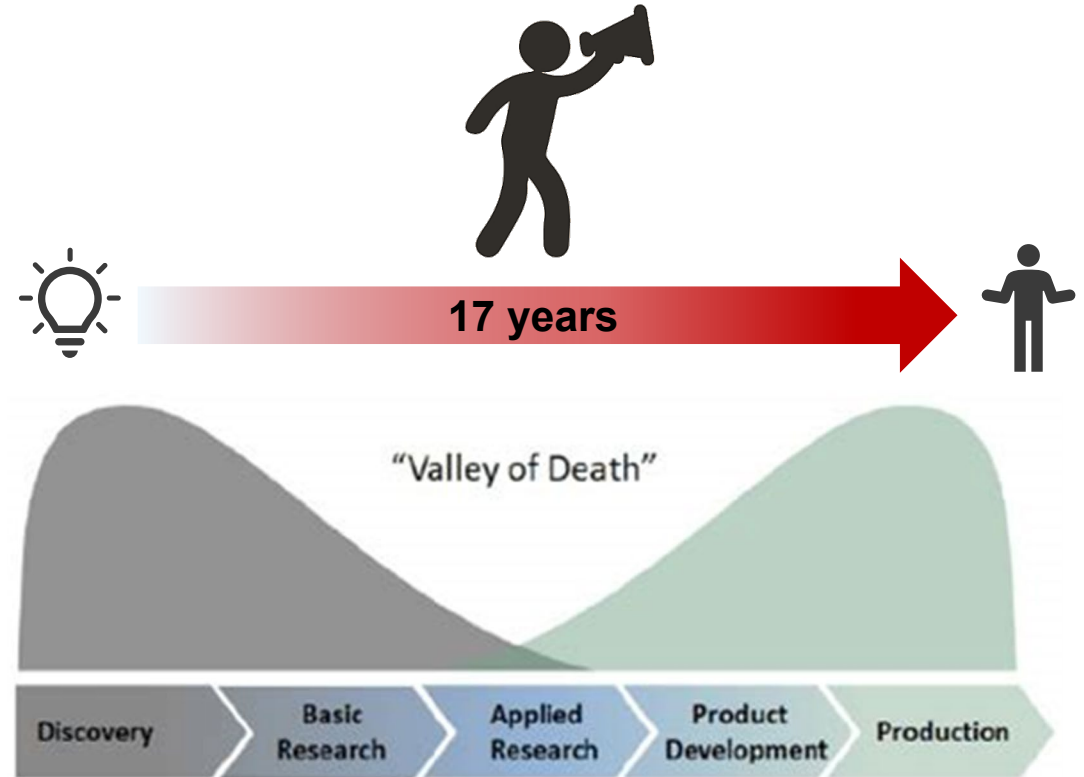
Most research projects fall in the “valley of death”.



Or take ~17 years to reach person benefits (even more in LMIC).



Too few resources, too many needs.



LE INVOLVEMENT AND engagement

More than user-testing

Involvement

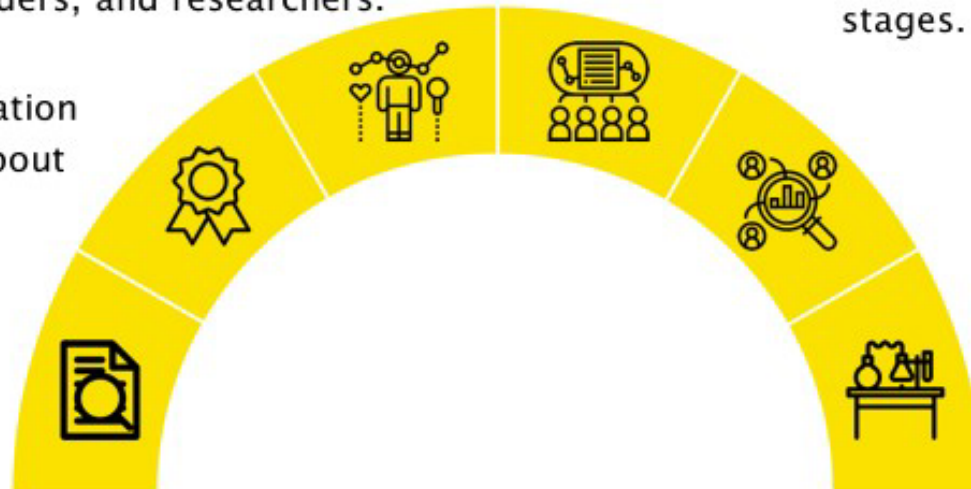
Research carried out with or by people with direct lived experience through the development of partnerships between patients, carers, members of the public, funders, and researchers.

Engagement

Sharing of information and knowledge about research with the public

Participation

Taking part in a research study.



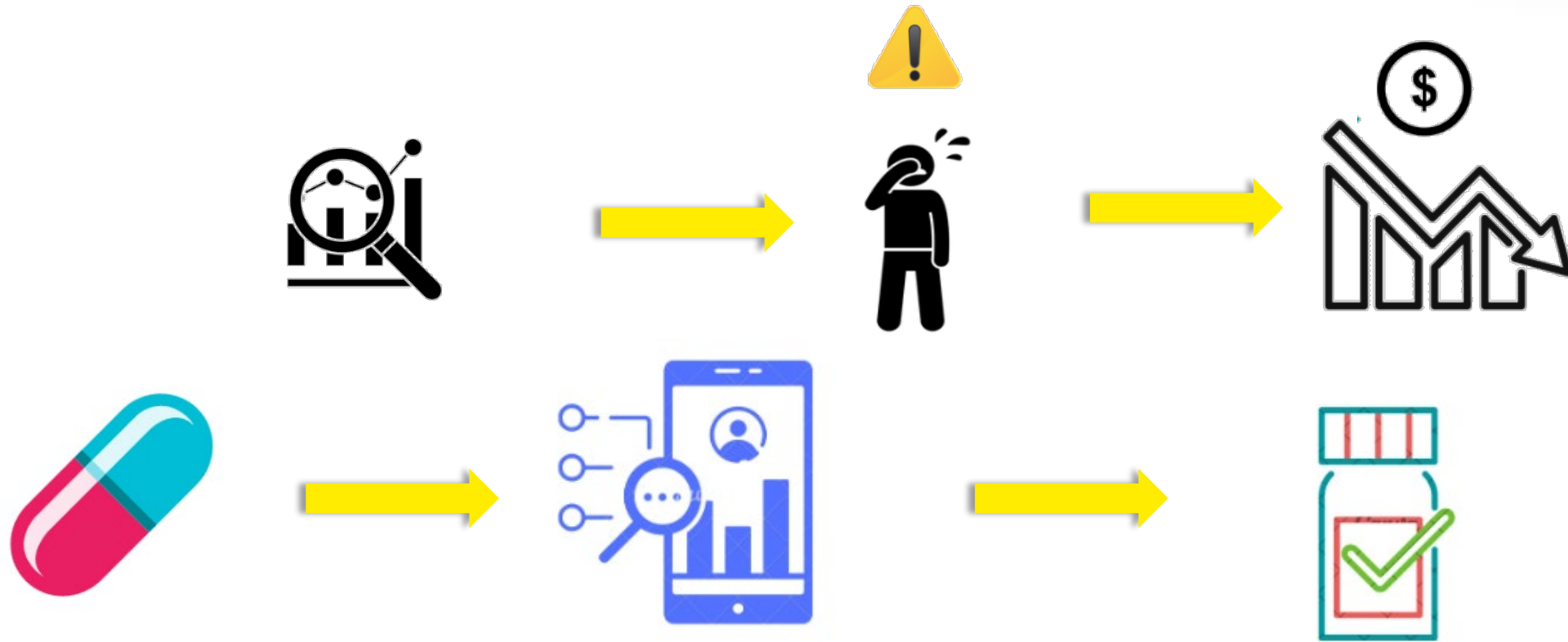
Coproduction

Researchers, practitioners, and the public together undertake a research project, sharing power and responsibility at all stages.

Survivor/ User-led

Decision-making and power rests those with direct experience

WHEN LE IS NOT INVOLVED



PLANNING FOR IMPACT

MQ

Mental
health
research

Co-production with LE accelerates impact

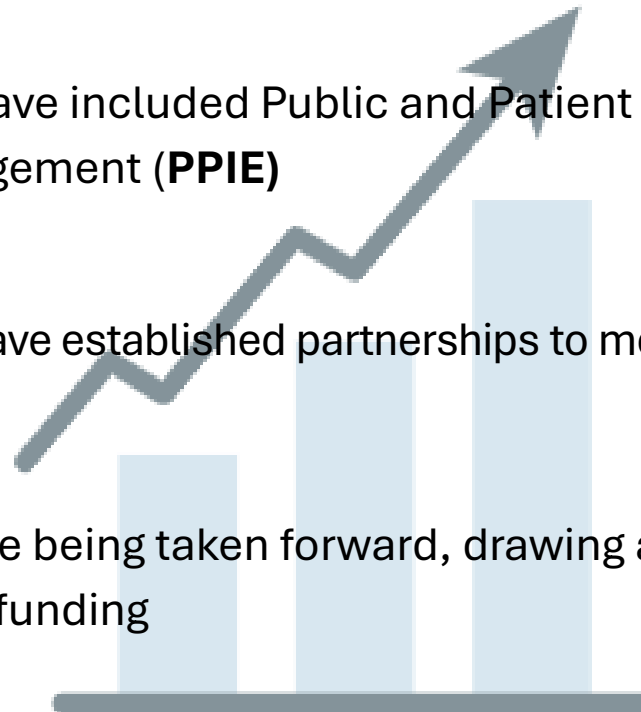


94% Of MQ studies have mapped their key stakeholders

75% Have included Public and Patient Involvement and Engagement (**PPIE**)

74% Have established partnerships to move their work forwards

40% Are being taken forward, drawing additional £34 million in funding



Data from 2021

Existing barriers**How to overcome them****Digital inequalities**

Adopt both digital and non-digital strategies for dissemination and engagement

Lack of relevant incentives

Set incentives in place which take into account the basic, psychological and fulfilment priorities from these populations, as seen by them

Tokenism

Increase decision-making power and influence of Lived Experience

Communication challenges

Increase translational efforts, allow bi-directional communication and avoid jargon

Stigma

Increase mental health awareness on the ground and empower others to challenge stigma



**HELP TO ADDRESS DIGITAL
AND MH INEQUALITIES**

WHY IS LE INVOLVEMENT SO CRUCIAL?



Ensure tech-products bring tangible improvements to people's lives.



Overcome "the valley of death" in research



Maximize investment of time and resources



Address digital and mental health inequalities.

ENJOY THE ROADSHOW!

THANK YOU!

KEY MESSAGES



Lived Experience involvement and engagement is crucial for successful and impactful research and product development.