

The delivery of a peer-led e-mental health recovery application in an adult mental health service

Amelia Gulliver¹, Michelle Banfield¹, Julia Reynolds¹, Sarah Miller², Connie Galati², Alyssa R Morse¹

¹Centre for Mental Health Research, Research School of Population Health, The Australian National University

²ACT Health, Canberra, Australia

Background

There is increasing need for peer-workers (people with lived experience of mental health problems who support others) to work alongside consumers to improve recovery and outcomes (1-3). New forms of technology (tablet/mobile apps), can deliver services in an engaging and innovative way (4,5).

This exploratory proof-of-concept study aims to determine if a peer worker led e-mental health recovery program is a feasible, acceptable and effective adjunct to usual care for people with moderate to severe mental illness.

Method

The app was the **Aboriginal and Islander Mental Health Initiative (AIMhi) Stay Strong App** developed by the Menzies School of Health Research and Queensland University of Technology (Figure 1). It was designed for use with Aboriginal and Torres Strait Islander service users and has some culturally specific imagery/content (6); however, it has been approved by the authors for use in non-Aboriginal and Torres Strait Islander populations.

The app was delivered via iPad by a peer-worker to individuals at an adult mental health service.

Evaluation measures were conducted at post-intervention and data collection is currently ongoing.

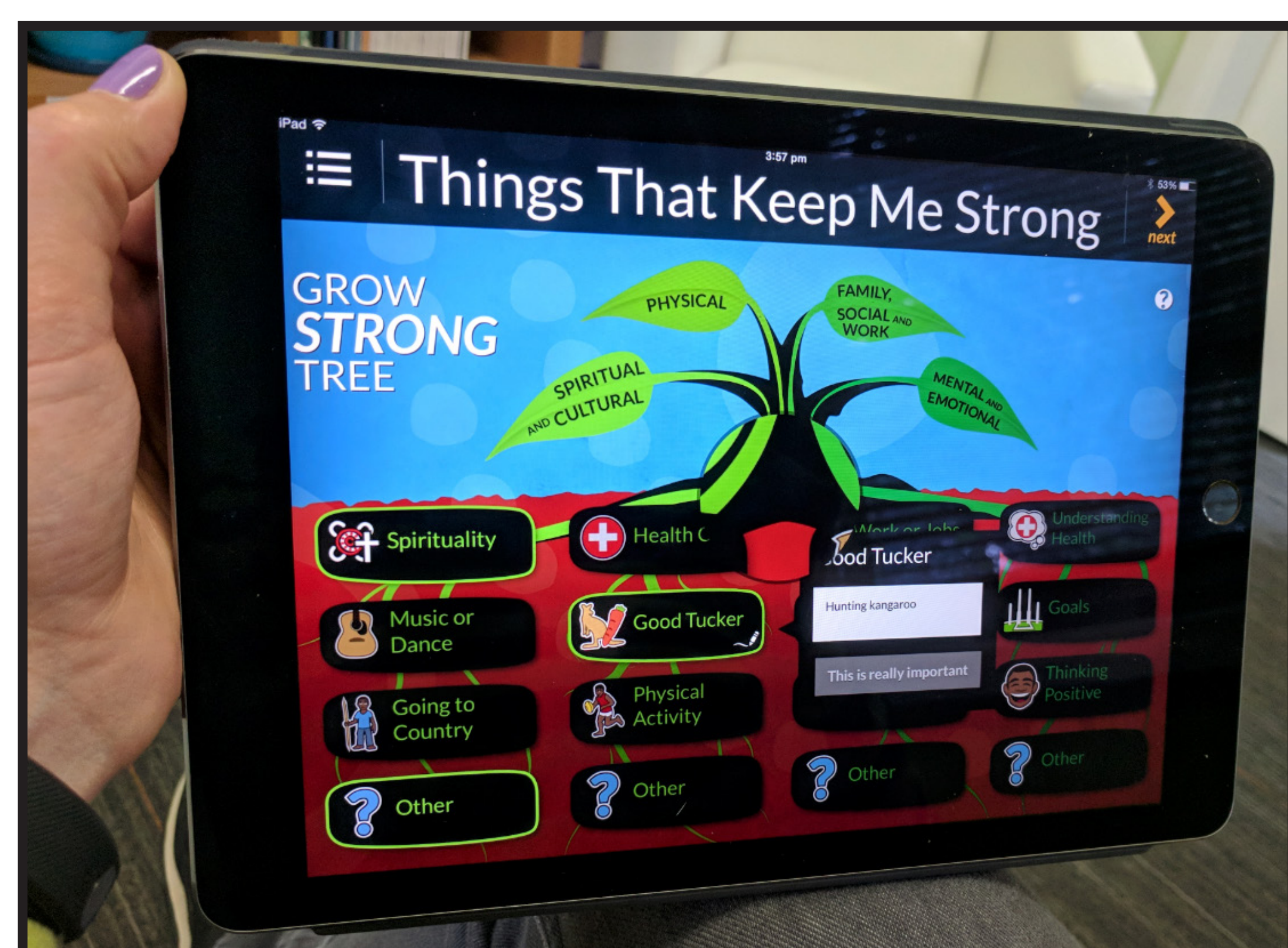


Figure 1. The AIMhi Stay Strong app

Measures:

- **Self-identified Stages of Recovery scale (SISR).**
- **Delivery aspects:** We asked whether they liked delivery by the peer-worker, the iPad, and doing the program in "dead time", a 2-hour window in which they had to wait after receiving an injection.
- **Program aspects:** We asked the whether they thought the program had helped them feel as though they could recover, improved their sense of control over their life, and their ability to take care of themselves.

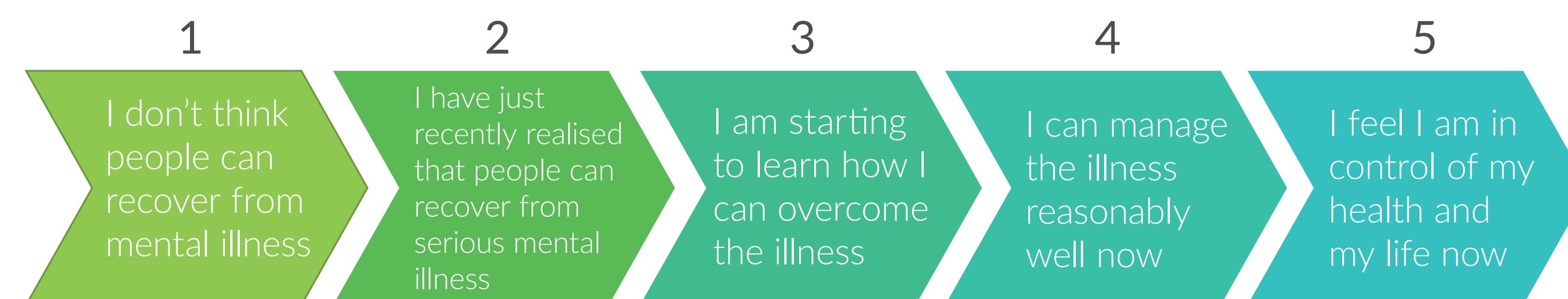


Figure 2. SISR scores at post-intervention (Mean = 3.33; Range = 2-5)

Results

Participant SISR scores were a mean of 3.33 after the program (Figure 2).

Data collected to date (Figure 3, $n = 6$) suggested overall participants liked a) a peer-worker assisting them with the program, b) the iPad delivery, and c) completing the app during their usual waiting time.

Participant ratings of the program overall were somewhat helpful for a) assisting them to feel that they could recover, b) assisting them to feel a sense of control over their life, and c) assisting them to feel confident about taking care of themselves.

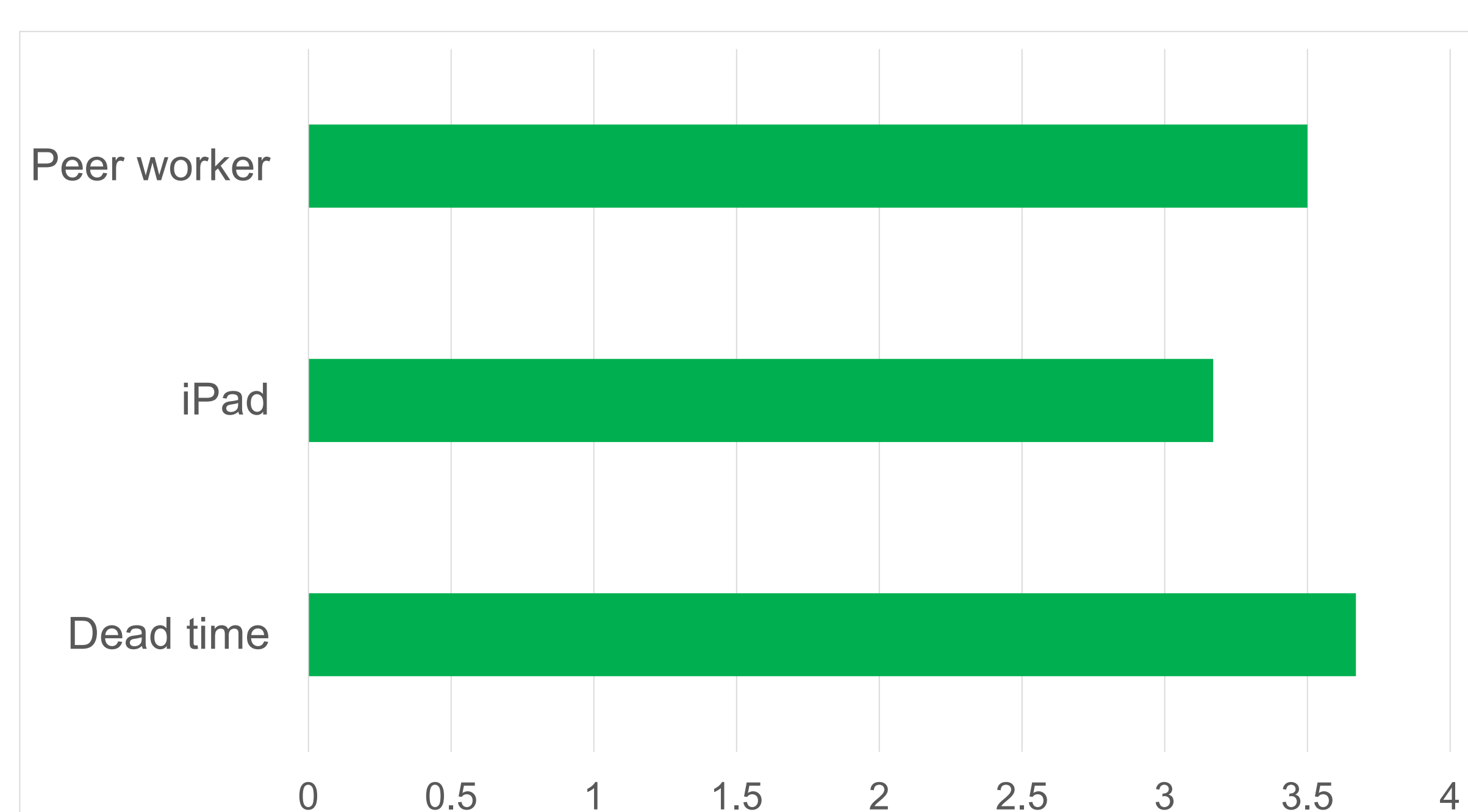


Figure 3. Participant ratings of delivery

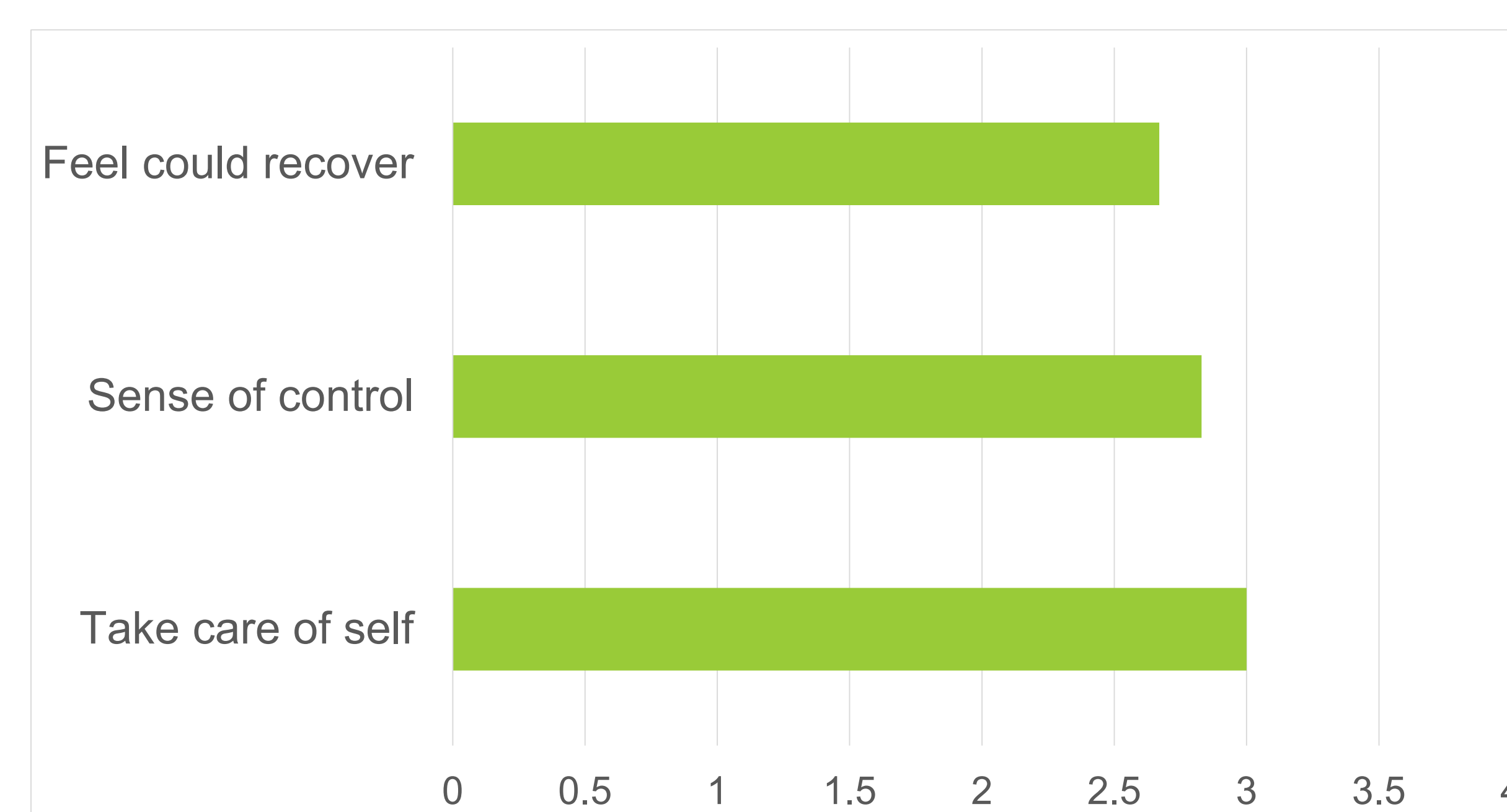


Figure 4. Participant ratings of the program

Scale (Figure 3 and 4):

- 1 = No, not at all 3 = Yes, to some extent
- 2 = No, not really 4 = Yes, definitely

References

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Findings are preliminary. When complete, research from this study could have important implications for informing large-scale investigations into the role of peer-workers using e-mental health, which can enable the development of guidelines to inform the future implementation of the provision of e-mental health using peer-workers in mental health services.

Conclusions