A healthy sex life is just as important to people living with serious mental illness (SMI) as it is for everyone, however it’s an area that is not explored in mental health.

Using the MRC Framework for the development of complex interventions

DEVELOPMENT work
- Reviewed literature on evidence for interventions
- Held focus groups with staff
- CLAHRC staff survey
- Engagement events with people with lived experience and their carers

Feasibility and piloting
- Testing procedures
- Estimating recruitment and retention
- Determining sample size

Development
- Identifying the evidence base
- Identifying or developing theory
- Modelling process and outcomes

Evaluation
- Assessing effectiveness
- Understanding change process
- Assessing cost effectiveness

Implementation
- Dissemination
- Surveillance and monitoring
- Long term follow-up

The RESPECT study is a feasibility RCT
- We’re asking “can this be done” NOT “does this work?”
- Recruitment numbers, uptake of intervention, preparing for full trial

RESPECT aims to:
Demonstrate the feasibility of recruiting people with serious mental illness to a specifically developed sexual health intervention

Qualitative interviews will elicit the participants’ views on the acceptability of the intervention and their experiences of both it and the study processes

Intervention:
3 sessions
1) Knowledge of HIV and STIs
2) Keeping safe (condoms and contraception)
3) Relationships and communication (negotiation and assertiveness to get what you want from relationship and being safe

More information:
Twitter @RESPECTstudy
Email: respect@hud.ac.uk
Website: www.respectstudy.co.uk
QR Code: