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# RESPECT

## Randomised Evaluation of Sexual health Promotion Effectiveness informing Care and Treatment

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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

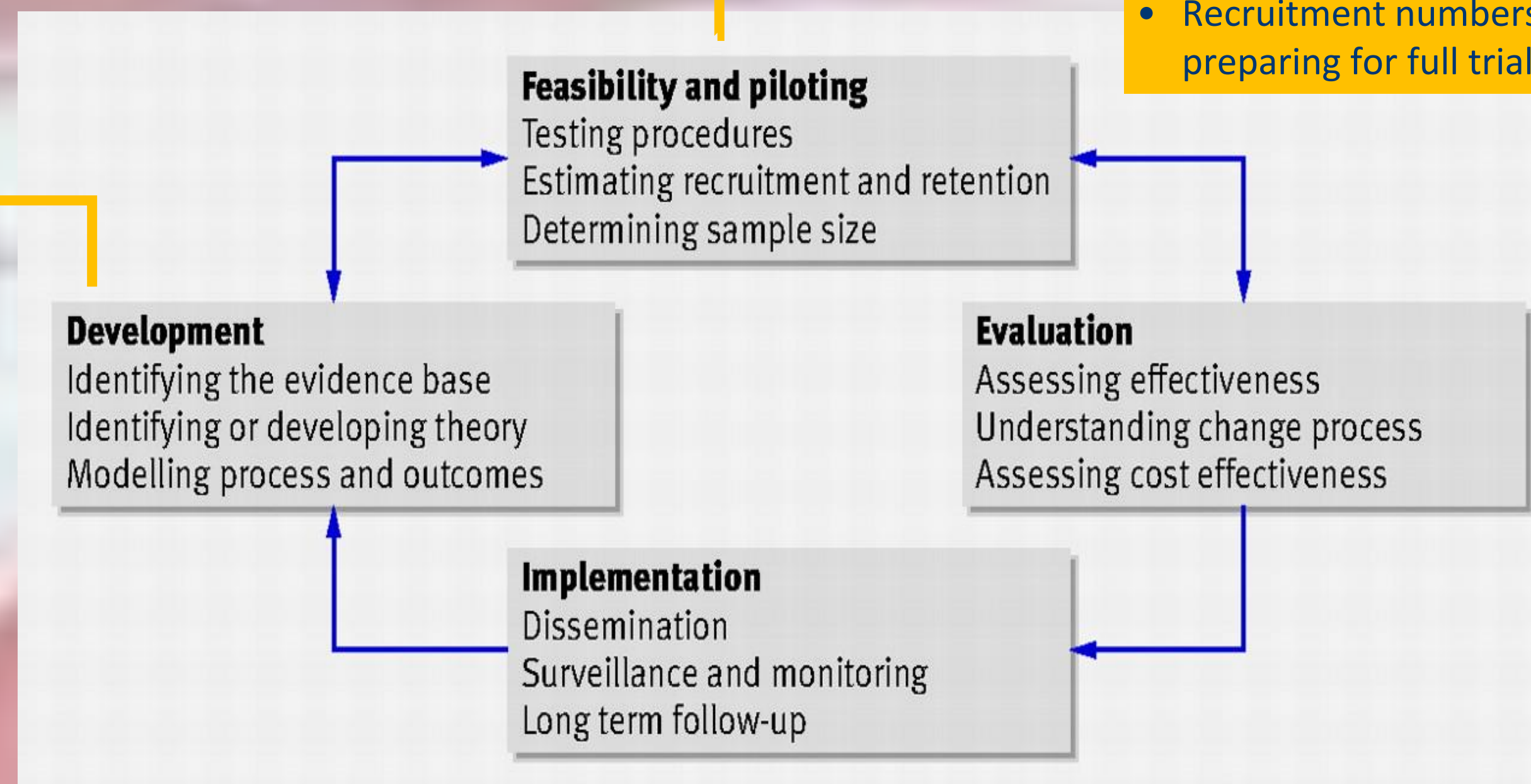
Using the MRC Framework for the development of complex interventions<sup>1</sup>

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

### DEVELOPMENT work

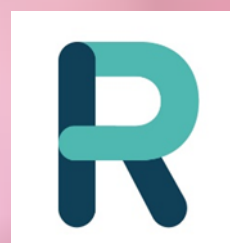
- Reviewed literature on evidence for interventions
- Held focus groups with staff
- CLAHRC staff survey
- Engagement events with people with lived experience and their carers



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:

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Website:

[www.respectstudy.co.uk](http://www.respectstudy.co.uk)

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1) Source: Craig, P., Dieppe, P., Macintyre, S., Michie, S., Nazareth, I., Petticrew, M., & Medical Research Council Guidance. (2008). Developing and evaluating complex interventions: The new medical research council guidance. *BMJ (Clinical Research Ed.)*, 337, a1655

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