Your experience with the lived-experience research resources

Please complete the survey below, to tell us how you experienced the lived-experience research resources. Your answers to this survey are anonymous. Which lived-experience research resources did you see ☐ Concepts of recovery (the podcast) What helps recovery (the portraits) throughout the study? Hope (the hope box) Personal medicine (the webster pack booklet) ☐ Looking after physical health (the card pack) ☐ Meaningful activity (the magazine) Think about the 'concepts of recovery' resource (the podcast). How much time did you spend listening to the ○ No time 'concepts of recovery' resource? Continuous Less than 5 minutes ○ 5-10 minutes ○ 10-20 minutes More than 20 minutes How interesting did you find the resource? Not interesting A bit interesting Very interesting Extremely interesting How easy was it to understand? O Very difficult ○ A bit difficult Fairly easy Very easy Not helpful A bit helpful Very helpful Extremely helpful \bigcirc \bigcirc \bigcirc \bigcirc How helpful did you find that resource? Has the 'concepts of recovery' resource made a difference in your life? A big A small No difference Worsened Not sure improvement improvement Your feelings about yourself Your perspective on your own experiences \bigcirc \bigcirc \bigcirc \bigcirc Your beliefs about your future or

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recovery

Your ability to care for yourself

and your mental health

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Your ability to deal with the mental health system	0	0	0	0	0	
Your ability to interact with mental health professionals	0	\circ	0	0	0	
Your understanding of other people and their experiences	0	\circ	0	0	\circ	
Your understandings about mental illness	0	\circ	\circ	0	\circ	
Another sort of difference	0	\circ	0	0	0	
Please describe this difference.		_				
Would you recommend the resourc		Yes No				
Think about the 'what helps recove	ry' resource (th	e portraits).				
How much time did you spend looking at the 'what helps recovery' resource?			No time Less than 5 min 5-10 minutes 10-20 minutes More than 20 m			
How interesting did you find the resource?			 Not interesting A bit interesting Very interesting Extremely interesting 			
How easy was it to understand?			○ Very difficult○ A bit difficult○ Fairly easy○ Very easy			

A bit helpful

 \bigcirc

Has the 'what helps recovery' resource made a difference in your life?

Not helpful

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Extremely helpful

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How helpful did you find that resource?

Very helpful

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Your feelings about yourself	A big improvement	A small	No difference	Worsened	Not sure		
Your feelings about yourself		improvement					
	\bigcirc	\bigcirc	\bigcirc	\circ	\bigcirc		
Your perspective on your own experiences	\circ	0	0	0	0		
Your beliefs about your future or recovery	\circ	0	0	0	0		
Your ability to care for yourself and your mental health	0	0	0	0	0		
Your ability to deal with the mental health system	0	0	0	0	0		
Your ability to interact with mental health professionals	0	0	0	0	0		
Your understanding of other people and their experiences	0	0	0	0	0		
Your understandings about mental illness	0	0	0	0	0		
Another sort of difference	\circ	\circ	\circ	\circ	0		
Please describe this difference.		_	. Vac				
Would you recommend the resour	ce to others?) Yes) No				
Think about the 'hope' resource (t	he hope box).						
How much time did you spend with the 'hope' resource?			No time Less than 5 minu 5-10 minutes 10-20 minutes More than 20 mi				
How interesting did you find the resource?			Not interestingA bit interestingVery interestingExtremely interesting				
How easy was it to understand?		Č	Very difficult A bit difficult Fairly easy Very easy				

Has the 'hope' resource made a difference in your life?

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A big improvement improvement Your feelings about yourself Your perspective on your own experiences Your beliefs about your future or recovery Your ability to care for yourself and your mental health Your ability to deal with the mental health Your ability to interact with mental health system Your ability to interact with mental health professionals Your understanding of other people and their experiences Your understandings about					Page 4 01 7		
Your perspective on your own experiences Your beliefs about your future or recovery Your ability to care for yourself and your mental health Your ability to deal with the mental health system Your ability to interact with mental health professionals Your understanding of other people and their experiences Your understandings about mental illness Another sort of difference Would you recommend the resource to others? Would you recommend the resource (the webster pack booklet). How much time did you spend with the 'personal medicine' resource? Not interesting More than 20 minutes How interesting did you find the resource? Not interesting Not interesting Not interesting Not interesting Not interesting Not interesting		A big improvement		No difference	Worsened	Not sure	
experiences Your beliefs about your future or recovery Your ability to care for yourself and your mental health Your ability to deal with the mental health system Your ability to interact with mental health professionals Your understanding of other people and their experiences Your understandings about mental illness Another sort of difference	Your feelings about yourself	\bigcirc	\bigcirc	\bigcirc	\circ	\bigcirc	
Your ability to care for yourself and your mental health Your ability to deal with the mental health system Your ability to interact with mental health professionals Your understanding of other people and their experiences Your understandings about mental illness Another sort of difference		0	0	0	0	0	
and your mental health Your ability to deal with the mental health system Your ability to interact with mental health professionals Your understanding of other people and their experiences Your understandings about mental illness Another sort of difference		0	0	0	0	0	
mental health system Your ability to interact with		0	0	0	0	0	
Your understanding of other people and their experiences Your understandings about people and their experiences Your understandings about people and their experiences Your understandings about people and their experiences Another sort of difference people p		0	0	0	0	0	
People and their experiences Your understandings about	Your ability to interact with mental health professionals	0	0	0	0	0	
Another sort of difference		0	0	0	0	0	
Please describe this difference. Would you recommend the resource to others? Yes No Think about the 'personal medicine' resource (the webster pack booklet). How much time did you spend with the 'personal medicine' resource? No time Less than 5 minutes 5-10 minutes 10-20 minutes More than 20 minutes More than 20 minutes A bit interesting Very interesting Very interesting		0	0	0	0	0	
Would you recommend the resource to others? Yes No Think about the 'personal medicine' resource (the webster pack booklet). How much time did you spend with the 'personal	Another sort of difference	0	\circ	0	0	0	
Think about the 'personal medicine' resource (the webster pack booklet). How much time did you spend with the 'personal Medicine' resource? No time Less than 5 minutes 5-10 minutes 10-20 minutes More than 20 minutes More than 20 minutes A bit interesting Very interesting	Please describe this difference.		_				
How much time did you spend with the 'personal	Would you recommend the resourc	e to others?					
medicine' resource? Less than 5 minutes 5-10 minutes 10-20 minutes More than 20 minutes Not interesting A bit interesting Very interesting	Think about the 'personal medicine	' resource (the	webster pack bo	oklet).			
A bit interestingVery interesting				Less than 5 minutes5-10 minutes10-20 minutes			
	How interesting did you find the resource?			A bit interestingVery interesting			
How easy was it to understand? O Very difficult O A bit difficult Fairly easy Very easy	How easy was it to understand?		C) A bit difficult) Fairly easy			
Not helpful A bit helpful Very helpful How helpful did you find that cresource?		_ '	_	-	y helpful	Extremely helpful	

Has the 'personal medicine' resource made a difference in your life?

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	A big improvement	A small improvement	No difference	Worsened	Not sure	
Your feelings about yourself	\circ	\bigcirc	\circ	\circ	\bigcirc	
Your perspective on your own experiences	0	0	0	0	0	
Your beliefs about your future or recovery	0	0	0	0	0	
Your ability to care for yourself and your mental health	0	0	0	0	0	
Your ability to deal with the mental health system	0	0	0	0	0	
Your ability to interact with mental health professionals	0	0	0	0	0	
Your understanding of other people and their experiences	0	0	0	0	0	
Your understandings about mental illness	0	0	\circ	0	0	
Another sort of difference	\circ	\circ	0	0	0	
Please describe this difference.	ca to others?	_) Yes			
Would you recommend the resourc	e to others!) No			
Think about the 'looking after phys	ical health' reso	ource (the card pa	ack).			
How much time did you spend with the 'looking after physical health' resource?			○ No time○ Less than 5 minutes○ 5-10 minutes○ 10-20 minutes○ More than 20 minutes			
How interesting did you find the resource?			○ Not interesting○ A bit interesting○ Very interesting○ Extremely interesting			
How easy was it to understand?		Č	Very difficult A bit difficult Fairly easy Very easy			

Has the 'looking after physical health' resource made a difference in your life?

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	A big	A small	No difference	Worsened	Not sure		
	improvement	improvement					
Your feelings about yourself	0	0	0	0	0		
Your perspective on your own experiences	0	0	O	0	0		
Your beliefs about your future or recovery	0	0	0	0	0		
Your ability to care for yourself and your mental health	0	0	0	0	0		
Your ability to deal with the mental health system	0	0	0	0	0		
Your ability to interact with mental health professionals	0	0	0	0	0		
Your understanding of other people and their experiences	0	\circ	0	0	0		
Your understandings about mental illness	0	0	\circ	0	0		
Another sort of difference	0	\circ	0	0	0		
Please describe this difference.							
Would you recommend the resource	ce to others?) Yes				
,		Č) No				
Think about the 'meaningful activi	ty' resource (the	magazine).					
How much time did you spend with the 'meaningful activity' resource?			○ No time○ Less than 5 minutes○ 5-10 minutes○ 10-20 minutes○ More than 20 minutes				
How interesting did you find the resource?			Not interestingA bit interestingVery interestingExtremely interesting				
How easy was it to understand?		Č) Very difficult) A bit difficult) Fairly easy) Very easy				
	Not helpful	A bit he	elpful Ver	/ helpful	Extremely helpful		
How helpful did you find that resource?	0	С)	0	0		

Has the 'meaningful activity' resource made a difference in your life?

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	A big improvement	A small improvement	No difference	Worsened	Not sure
Your feelings about yourself	\bigcirc	\bigcirc	\circ	\circ	\circ
Your perspective on your own experiences	0	0	0	0	0
Your beliefs about your future or recovery	0	\circ	0	\circ	0
Your ability to care for yourself and your mental health	0	\circ	0	\circ	0
Your ability to deal with the mental health system	0	0	0	\circ	0
Your ability to interact with mental health professionals	0	0	0	\circ	0
Your understanding of other people and their experiences	0	0	0	\circ	0
Your understandings about mental illness	0	0	0	0	0
Another sort of difference	0	\circ	0	\circ	\circ
Please describe this difference.		_			
Would you recommend the resour	ce to others?) Yes) No		
And a couple of final questions abo	out your experie	nce as a whole.			
Are you interested in accessing more lived-experience research in the future?			No Probably not Maybe Definitely		
Have you shared your knowledge from lived-experience research with anyone else?) Yes) No) Not sure		
Overall, how would you describe your experience of participating in the study?			Negative Neutral Quite positive Very positive		
Please tell us anything else that w understand your experience or im lived-experience resources in the	prove	_			

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