

Physical Health Conversation Guide

Researchers at the Centre for Primary Health Care and Equity, UNSW Sydney are seeking people to be involved in research into the use of a Physical Health Conversation Guide for interactions between mental health consumers and general practitioners and other healthcare workers in relation to mental health consumers' physical health care.

The Physical Health Conversation Guide was co-designed by people with lived experience of mental illness, families/carers, general practitioners, peer workers and researchers. You can access a copy of the Guide here: <https://phcg.org/>

Would the research be a good fit for me?

The research might be a good fit for you if you:

- have lived experience of (been diagnosed with) mental illness and you see a general practitioner or primary care nurse for your physical health;

OR

- have experience as a family member or support someone who experiences mental health issues and who sees a general practitioner or primary care nurse for their physical health;

OR

- are a primary healthcare provider (general practitioner/practice nurse) who provides physical health care to one or more persons diagnosed with mental illness;

OR

- are a peer support worker or mental health clinician who supports people who have been diagnosed with mental illness to manage their physical health

AND

you have used, or would like to use, the Physical Health Conversation Guide.

Invitation to participate in research

What will happen if I take part in the research?

If you decide to participate you will be asked to use the Physical Health Conversation Guide to talk

- about your physical health with a doctor or other health worker

OR

- about physical health with a family member who experiences mental illness

OR

- about physical health with a mental health consumer to whom you provide support or services.

And then tell us about your experience of using the Physical Health Conversation Guide in

- an interview (about 1 hour)

OR

- a survey (15-30 minutes)

Will I be reimbursed to take part in this research?

You will be reimbursed to be involved in the interview or to complete the survey.

Who do I contact if I want to find out more or if I want to take part in this research?

Our contact details

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