

Role description for using patient-led appointment scheduling to improve cost-effectiveness, access, and patient satisfaction in NHS Talking Therapies services (PLANS): A feasibility study.

What is the project?

Patient-led appointment scheduling (PLAS) aims to give patients more control over how they access mental health care. PLAS allows patients to choose how often they attend appointments and how many sessions they attend.

The aim of the study is to see whether it is feasible to run a larger study that explores the effectiveness of PLAS for people accessing psychological interventions via NHS Talking Therapies services. We think that psychological interventions delivered by PLAS could lead to improved cost-effectiveness, patient satisfaction, and better access when compared to the current appointment scheduling approaches.

We are recruiting eight people to join the PLANS research project's Lived Experience Advisory Panel (LEAP). Being part of the LEAP will involve reviewing and co-designing study materials, helping to make key decisions throughout the project, and assisting with the co-analysis of the data. They will also be offered opportunities to be co-authors on study outputs and support dissemination through blogs, videos, and presentations.

Who are the PLANS research team?

The lead on this study is Dr Robert Griffiths from the University of Manchester. The Co-Investigator is Professor Dawn Edge from the University of Manchester. The McPin Foundation are a part of the team supporting the LEAP.

Are there any criteria for the advisory group?

- People over the age of 18
- Based in Greater Manchester
- Have experience of using NHS Talking therapies (previously known as IAPT) in Greater Manchester
- Have lived experience of depression and anxiety

Time commitment

- The role is for 2.5 years. We understand that people might not be able to stay onboard for the entire time, but we hope they will.
- The group will meet three times a year online, and once a year in person.

Requirements

- Have a stable Internet connection and be able to join on a device that is suitable for online videoconferencing (a laptop, tablet or smartphone).
- Be able to attend in person meetings held in Greater Manchester once a year.
- Are passionate about improving mental health services.
- Be able to critically engage with each other and listen, respect, and challenge differing opinions.

Payment

Panel members will be paid £25 per hour. For online meetings we can also pay a £5 data payment to cover the cost of internet use.

We are also able to reimburse reasonable expenses for travel and or any subsistence requirements that arise in attending an in-person meeting.

Interested?

To apply please fill in the attached application form and email it to Georgia, georgianaughton@mcpin.org. The closing date for expressions of interest is **Friday 6th of December, 2024**.