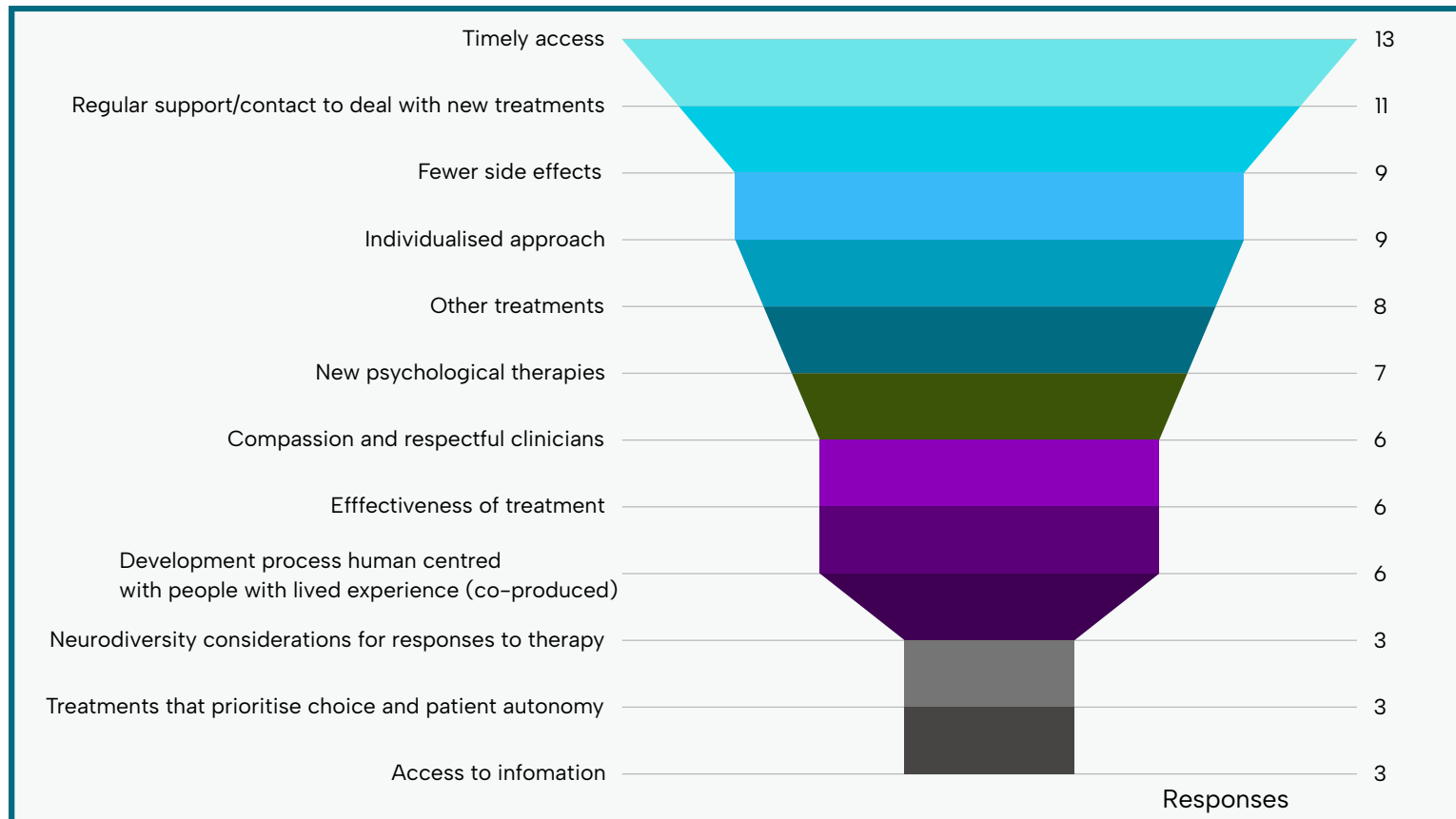


Exploring lived experience views on new treatments for mood

Method: A workshop with 6 young people and a survey of 35 people 18+ in LEAPs where the project focus is depression or bipolar.

What are your top priorities when it comes to developing new therapies and treatment options for mental health issues related to changes in mood?



Key Message

Most common top priorities were: timely access, fewer side effects, how new treatments would impact other aspects of a person's life – including looking at mental and physical health together – and the need for more longer-term, individualised treatment approaches that have been collaboratively developed.



Access time and ease. **Individualised approach.** Consideration of neurodiversity and how this influences response to therapy, and ways of thinking.



Top 5 key challenges when it comes to developing new medicines for mental health issues related to mood

- 1 Side effects
- 2 Cost
- 3 Ineffective - do they work? No simple fix.
- 4 Risk/benefits not clearly known
- 5 Unclear mechanism of action
- 5 Timescales - too slow
- 5 Thinking outside the box - away from medical model
- 5 Don't want change

Tied



Key message

Some concerns around the focus on just the biomedical model approach, with the need to also consider the psycho-socio-political contexts, and suggestion to develop medicines for use in conjunction with psychological treatments.

Medicines don't address context. They locate the problem in the individual, so they can only do so much (if they're doing anything at all) because the psychosocial and sociopolitical context remains unchanged.

Views on psychedelic treatment options

Wary
38%

Views on psychedelics
being included as a
treatment option within
mainstream therapy?

Promising
62%

Undecided
17%






Would you consider
trying psychedelics as
a treatment option if
they became available
within mainstream
therapy?

No
29%

Yes
54%

Digital Mental Health

Factors that could prevent digital
tool adoption:

-  If it was linked to social media
-  If you had to pay to use
-  Poor user friendliness

Concerns about digital therapy
52%

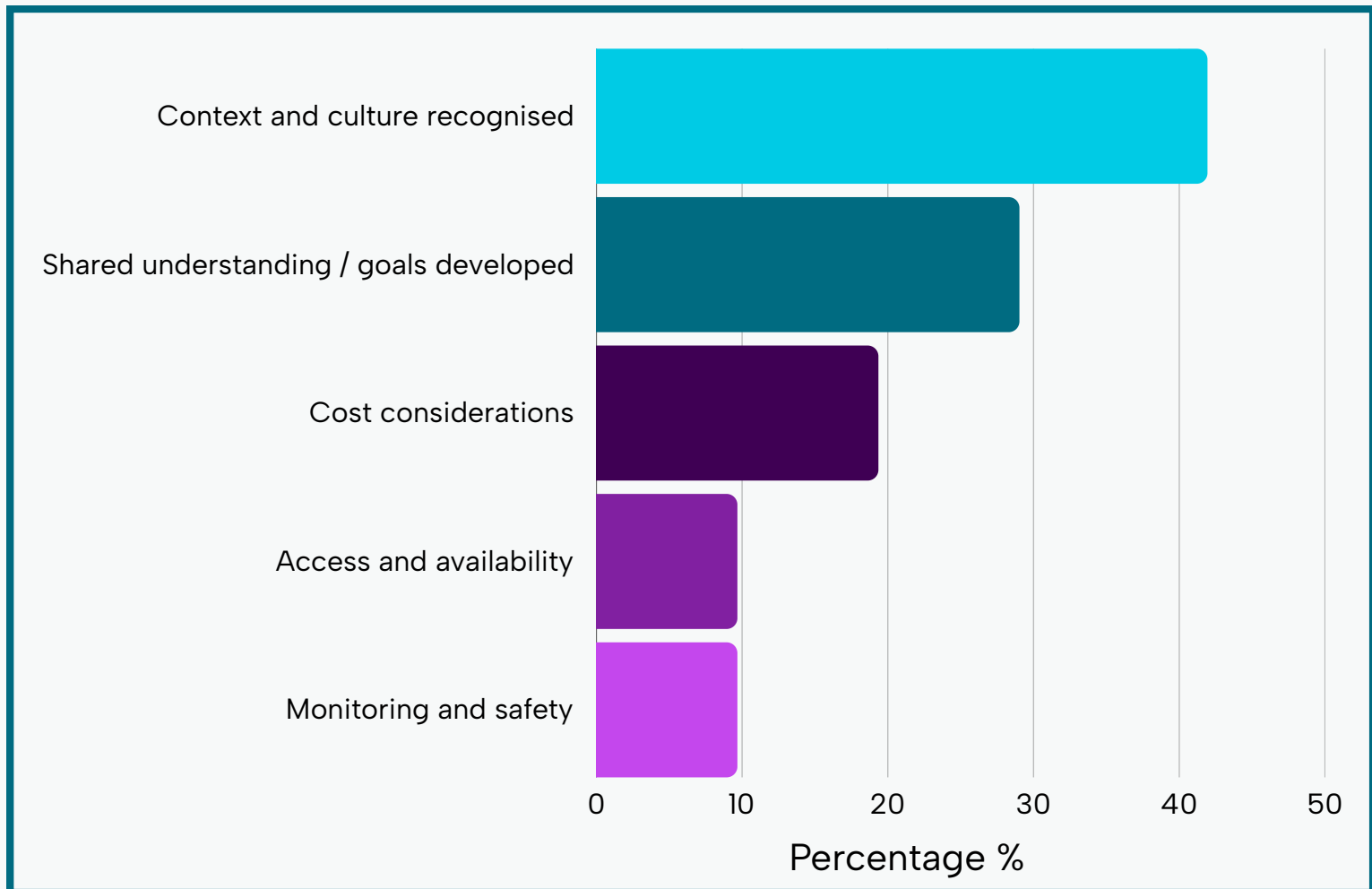
Feeling positive
17%

How do you feel
about digital mental
health, such as apps
and AI, to deliver
therapies?

Mixed feelings
31%



Considerations when delivering treatment and therapy, scaling in a global context



Key Message

No one-size-fits-all when it comes to treatment options, personalised approaches are needed. Context and culture shape how people experience mood changes. We need to be very careful because language, stigma, and public mental health prevention strategies all need to be recognised when scale up is considered.



Globally, the socioeconomic causes of mental health issues need to be addressed. It is entirely unsurprising that global economic crisis and political instability has mental health consequences for the general public. Social change would be needed to ensure people have access to food, housing and education to **truly improve public mental health.**

