

***AN ASSESSMENT OF THE BENEFITS
OF PROVIDING HEALTH PROMOTION
FOR PEOPLE WITH
A MAJOR MENTAL HEALTH PROBLEM***

Final Report



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**AN ASSESSMENT OF THE BENEFITS OF PROVIDING
HEALTH PROMOTION FOR PEOPLE WITH
A MAJOR MENTAL HEALTH PROBLEM**

(Pioneer Project)

A collaborative research project between the staff of the
Greater Glasgow Health Board Health Promotion Department
and Greater Glasgow Community
and Mental Health Services NHS Trust

Health Promotion Department
Greater Glasgow Health Board





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Lynnette Carey
Marlene McMillan
Frances Turner
Sandra Wilson
Suzanne Goodall

Data Confidentiality

All data collected during the MHRC Research Project has been treated as confidential and stored under the conditions of the Data Protection Act.

RESEARCH PERSONNEL

The research team

The team conducting this research was from the Health Promotion Department of Greater Glasgow Health Board:

Lynnette Carey	Senior Researcher	
Marlene McMillan	Research Assistant)Appointed specifically
Frances Turner	Health Promotion Officer)to conduct the Project
Sandra Wilson	Senior Health Promotion Officer	

At the point at which the Professional Training Programme was being developed and delivered, the team was joined by :

Suzanne Goodall	Health Promotion Officer
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Computer and data support

Computer support with the lifestyle check program, and the computer entry of all data, was provided by members of the Evaluation Team at the Health Promotion Department:

John Abbott	Systems Designer
Margaret McGranachan	Data Control Officer

Research Advisory Group

The research project was guided by the advice and support of a number of professional staff who formed the Research Advisory Group:

Carol Tannahill	Director of Health Promotion, Greater Glasgow Health Board
Graeme Walsh	Senior Health Promotion Officer (Mental Health), Lanarkshire Health Board
Andrew Webster	To 1995: Purchasing Commissioner, Greater Glasgow Health Board

Representatives of the Greater Glasgow Community and Mental Health Services NHS Trust:

Heather Glennie	Nursing Service Manager, Parkhead Hospital, formerly of Gartnavel Royal Hospital
John Leckie	Locality Manager, Riverside Resource Centre (formerly of Goldenhill Resource Centre)
Lynn McKirdy	Locality Manager, Goldenhill Resource Centre
Donald McLeod	Locality Manager, Rutherglen Resource Centre (formerly of Shawpark Resource Centre)
Claire Quinn	Community Psychiatric Nurse, Riverside Resource Centre
Jim Reilly	Community Psychiatric Nurse, Shawpark Resource Centre

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SECTION 1

THE RESEARCH PROJECT, THE HEALTH PROMOTION PROGRAMME AND ITS EVALUATION

In 1994, staff in some of the new Mental Health Resource Centres were expressing concerns that the lifestyles of their clients, their diet, smoking habits, drinking levels etc., were probably jeopardising their physical health. A collaboration with the Greater Glasgow Health Board Health Promotion Department led to the development of the Mental Health Resource Centre Research Project, whose design is described in Chapter 1. A programme of health promotion was devised for clients with schizophrenia and depression. It consisted of a baseline and follow-up lifestyle check, with a series of topic-based health promotion groups offered selectively in the intervening six months and is presented in Chapter 2.

An essential component of the research project was an assessment of the effectiveness of this health promotion programme. Two approaches were used -a quantitative one, described in Chapter 3 and a qualitative one in Chapter 4. A summary of each of these evaluations appears at the end of their respective chapters.