

Increasing Physical Activity in a Medium Secure Service (IMPACT)

Preliminary Results from the Phase 4 Feasibility Study, with a highlight
into the Women's Services

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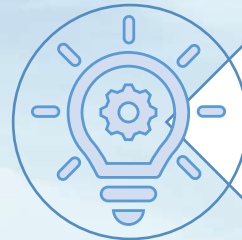
CONTENT



The IMPACT
study



Findings from
Phase 4



Implications



The IMPACT Study

The IMPACT study is a 30-month study led by Durham University, collaborating with South West Yorkshire Partnership NHS Foundation Trust and Nottingham Healthcare NHS Foundation Trust. The purpose of the project is to co-develop and test the feasibility of an intervention, created to increase physical activity in medium secure psychiatric services. The project consists of four phases:

Phase 1

- understanding barriers and facilitators to increasing physical activity in medium secure services

Phase 2

- establishing engagement and maintaining commitment to a physical activity intervention

Phase 3

- intervention development and design stage

Phase 4

- feasibility study of the intervention

The Importance of the IMPACT Study

Individuals with serious mental illness (SMI) have poor physical health and tend to have **a shorter life span** than the general population by 10-20 years, with research suggesting mortality rates up to 30 years. (Chesney et al., 2014; Westhead et al., 2023).

An association has been identified between mental health problems and obesity, with conditions such as depression often leading to **weight gain and obesity** leading to depression (Public Health England, 2017).

A key finding from a review in 2013, examining whether physical activity is **protective against the onset of depression** (Mammen & Faulkner, 2013), found that *any* level of physical activity, including low levels (e.g., walking < 150 minutes/weeks), can prevent future depression.

A recent systematic review (Hassan et al., 2022) suggested recommendations for qualitative research in forensic secure services, to design, test and evaluate a physical activity intervention that **considers the barriers and facilitators** in these settings.

DESIGN AND METHODOLOGY

Mixed-method Approach – using qualitative and quantitative methods i.e., questionnaires, interviews and focus groups.

2 NHS Medium Secure Services in England as study sites.

Theoretical framework is the Behaviour Change Wheel, and is underpinned by the COM-B Model (Michie et al., 2014)

Follows the Medical Research Council's framework for Developing and Evaluating Complex Interventions

Participants include both male and female service users with personality disorder and/or mental illness, hospital staff, PPIE representatives, academics and key stakeholders.

COM-B Model

(Michie et al., 2014)

Capability Barriers and
Facilitators to Increasing
Physical Activity

Knowledge
Capability

Cognitive
Capability

Physical
Capability

Opportunity Barriers and
Facilitators to Increasing
Physical Activity

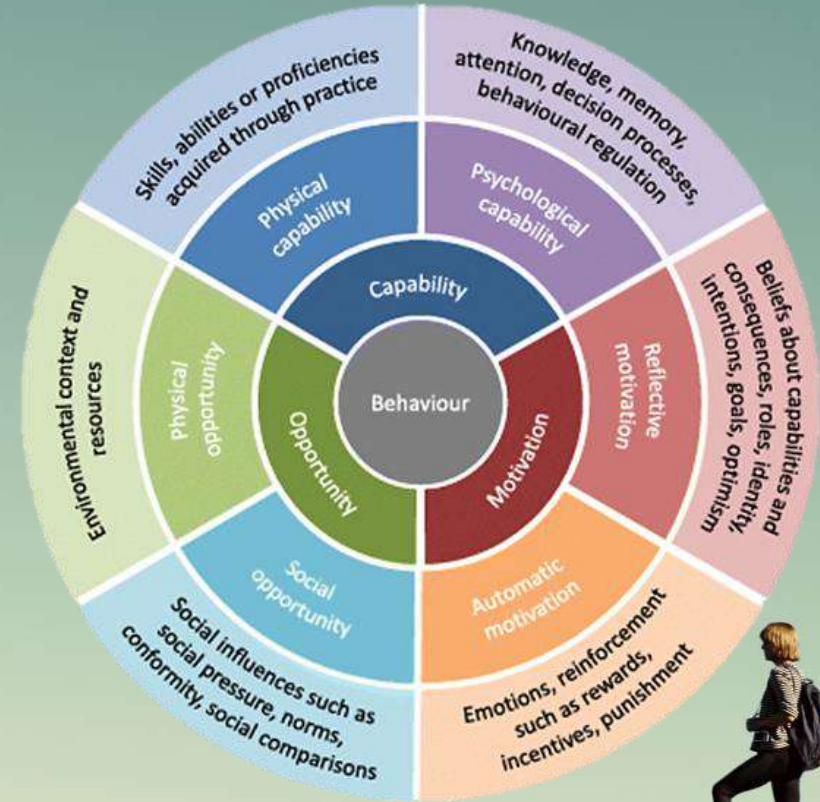
Physical
Opportunity

Social
Opportunity

Motivational Barriers and
Facilitators to Increasing
Physical Activity

Automatic
Motivation

Reflective
Motivation



Current Status of the IMPACT Study

Phase 1

- Questionnaires, collecting quantitative and qualitative data were completed across both NHS study sites by service users, N=68.
- Two focus groups with hospital staff to identify their views and opinions on barriers and facilitators, N = 24. This was completed in May 2022.

Phase 2

- Focus groups were conducted to explore how to establish engagement and maintaining commitment to a physical activity intervention.
- N=15, sampling from service users, hospital staff members, key stakeholders and academics. This was completed in June 2022.

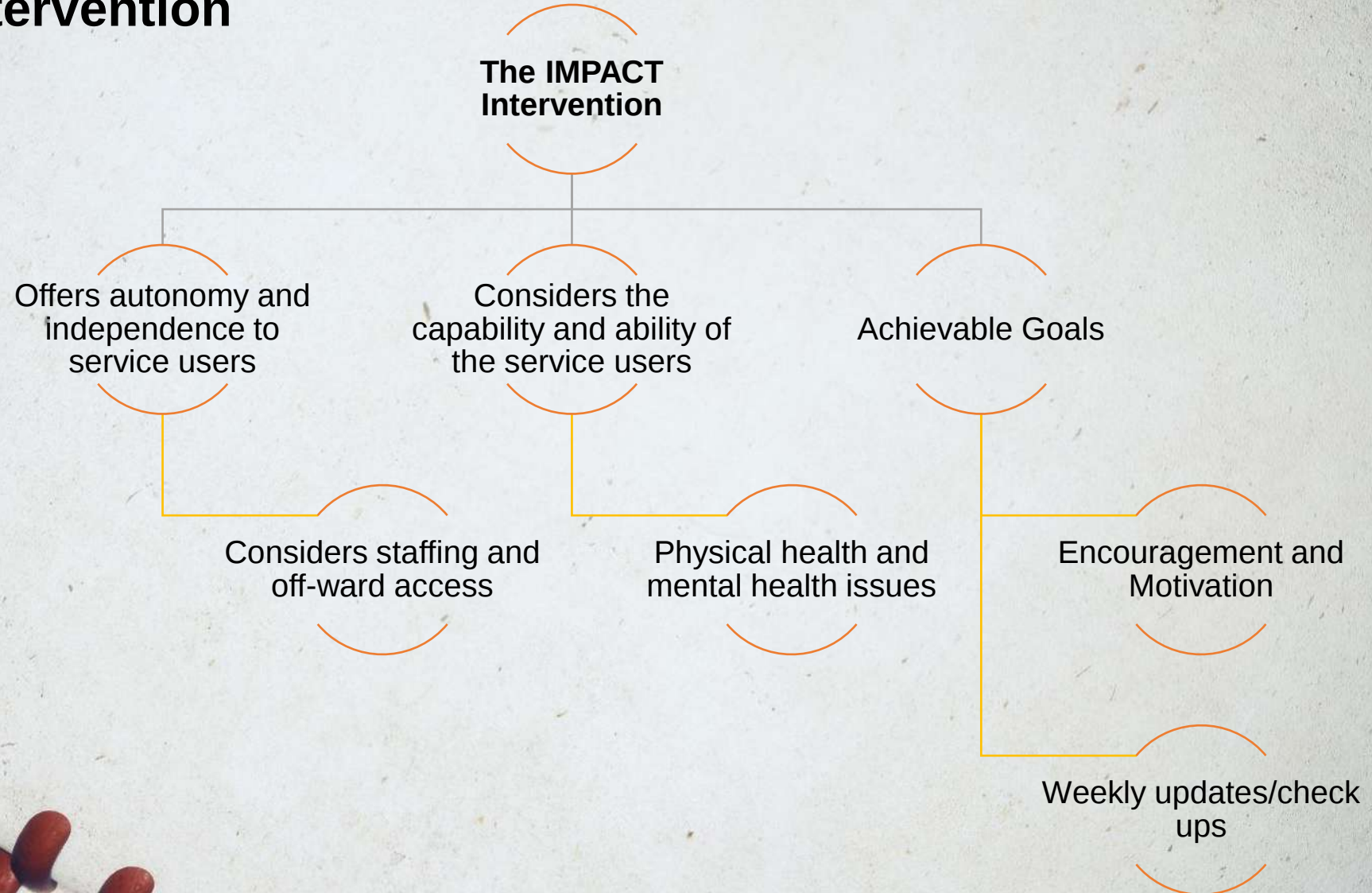
Phase 3

- Intervention development group conducted with service users, PPIE representatives, hospital staff, academics and key stakeholders,
- N= 25. Facilitators guidance and training developed for hospital staff and service users. This was completed in November 2022.

Phase 4

- Feasibility study of the IMPACT intervention, which is currently ongoing.
- Commenced in March/April 2023 and finishing December 2023.

Phase 4: Testing the Feasibility of the IMPACT Intervention



Phase 4 Qualitative Feedback:

Really enjoyed
intervention, made me
feel motivated and
gave me a boost

My mood has
been improved

Found myself pushing
to do that extra
minute of walking or
extra bench at the
gym..

I lost some weight

I felt like I have
achieved the goals I
set out at the start
of the intervention

Peer support is
important

Really enjoyed intervention,
made me feel motivated and
gave me a boost

It was nice to set a
target and keep at it.

The uncertainty of the
ward and fluctuation of
mental health might make
people withdraw from the
study.

Project requires
attention and filling
out paperwork that
people might not
like doing or
struggle with

Some people might
worry about comparing
themselves with others
on the ward

Some people may
have a lack of faith in
themselves to start a
project like this

People might find it hard
to engage if they are
struggling with their
mental health and
hearing voices



Future Implications



Increase physical activities in
medium secure services

Development of an intervention that
can be maintained and established
across all medium secure services

Involvement with the NHS, so that it
can be promoted nationwide

Used as a baseline intervention for
high secure services and prison
services

Further understand and improve
facilities for secure services

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