

Evaluation of Lived Experience Peer Support Intervention for Mental Health Service Consumers in Primary Care

ACTRN12623001189617

Status RECRUITING
Sponsor Prof Sharon Lawn
Enrollment 264 participants

Plain Language Summary

Many people living with mental health conditions see their GP as their primary source of support — but GPs don't always have access to the specialist resources that could really help. One promising resource is peer workers: people who have their own lived experience of mental ill-health and are trained to support others on their recovery journey. Peer support has strong evidence behind it, but it's rarely available in general practice settings.

This study is testing a co-designed peer support program delivered through GP clinics. The peer workers will meet with mental health consumers — people attending their GP for mental health reasons — to offer support, share coping strategies, and help them navigate the health system.

You may be eligible if you are 18 or older, attend a participating GP practice, and have a mental health condition (or symptoms suggesting one). You do not need to have a formal diagnosis. People with severe psychiatric illness or very high risk of self-harm may not be eligible. Participation is voluntary and confidential.

Key Eligibility Criteria

Inclusion (1)

- A consumer is eligible to participate if they are 18 years of age or older, have a diagnosis of a mental health condition (or present with symptoms indicating the likelihood of a mental health condition), attend participating practices, willing to give informed consent to participate in the study and not already receiving peer support through an alternative funded programme will be eligible for participation.

Exclusion (1)

- A consumer will be excluded if they have a significant mental or physical illness likely to disrupt capacity to participate in the trial (as measured by GP assessment of current suicidality risk and/or K10 cut of score of >40/50). Consumers who are unable to speak English and those unable to provide informed consent will also be excluded.

Locations (1 total)

QLD,SA,TAS, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623001189617>

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