

## FAQs

### Where will Motiv8 take place?

Edenfield! Either on the wards or in shared facilities (such as The Recovery Academy).

### Are all wards taking part?

No, we are only testing this out on a handful of wards. We will include the first 4 wards who have at least eight people who want to take part, but we may be able to extend this as the study goes on.

### How long does it take to refer someone?

Less than 10 minutes! You can do it over the phone or fill out a referral form in your own time!

### Can I refer someone if they have taken part previously?

Unfortunately not, we are only able to include people who have not yet experienced the **Motiv8** programme.

### Will everyone who signs up get to take part in Motiv8?

YES! Everyone who consents will receive **Motiv8** at some point, some may just have to wait a couple of months until it is their time.

### How do you support people who are randomised into treatment as usual, and put on a waitlist for Motiv8?

It is our job to ensure people fully understand they may not get to do **Motiv8** straight away and may need to wait. We will conduct assessments at the same time, as we are going to compare those who get their usual treatment first to those who get **Motiv8**. We take participants' safety extremely seriously and will signpost people onto services if we feel they need extra support during the study.

Please note that if you decide to take part we will need to inform your care provider (e.g., your GP or clinician).

This project is funded by the National Institute for Health Research (NIHR) Research for Patient Benefit (RFPB) Programme (Grant Reference Number: NIHR 201482).

The views expressed are those of the authors and not necessarily those of the NIHR, the NHS, or the Department of Health.

Version 1. 07.09.2021 | IRAS: 299909

FUNDED BY  
**NIHR** | National Institute  
for Health Research

**NHS**

Greater Manchester  
Mental Health  
NHS Foundation Trust

# Motiv8

## Information for Referrers

MANCHESTER  
1824

The University of Manchester

## What is **Motiv8**?

The **Motiv8** study is a randomised controlled trial funded by the National Institute of Health Research. We are assessing the feasibility of delivering Motiv8 within secure NHS services to see if it will be an effective addition to usual care.

**Motiv8** is a 9-week weight management programme designed to improve physical health of people using secure services. It includes cooking classes, nutrition education, physical health education, group exercise sessions, psychological support, peer support and a pharmacy review.

## Inclusion and exclusion criteria

### We are looking for:

- ✓ Adults 18+ at medium or low secure units in GMMH Edenfield Centre
- ✓ Mental health diagnosis requiring support and treatment from secure services
- ✓ Able to provide informed consent

### We are unable to include:

- ✗ Unable to provide informed consent
- ✗ Previous **Motiv8** participants
- ✗ Insufficient command of English or communication difficulties which prevents engagement in written informed consent, validity of research assessments or understanding of the programme

## What happens if I make a referral?

When a person provides consent to be contacted, a researcher will get in touch with them to see if the study is right for them. This will be done over the phone, or at the point of consent. A baseline appointment will be arranged where the research assistant will complete some physical and mental health assessments.

Everyone who is accepted into the study is placed in a cohort. The cohorts will be randomised on a ward-by-ward basis, into one of two conditions; **Motiv8**+treatment as usual or treatment as usual, followed by **Motiv8**. Participants will do assessments before and after the intervention (or treatment as usual), and then again after 12 weeks. The only difference between the two groups is the time the person will receive **Motiv8**!

For each assessment timepoint they will receive £20. The first two cohorts will be contacted by phone after six months and nine months to see if we can follow people up.

## How to refer

If you would like to make a referral or discuss if someone is eligible please contact one of our researchers.

Elizabeth Kimber, Research Assistant

✉ E-mail: [Elizabeth.Kimber@gmmh.nhs.uk](mailto:Elizabeth.Kimber@gmmh.nhs.uk)

☎ Work mobile: 0771 734 0245

Or

Dr Rebekah Carney, Chief Investigator

✉ E-mail: [Rebekah.Carney@gmmh.nhs.uk](mailto:Rebekah.Carney@gmmh.nhs.uk)

☎ Work landline: 0161 358 6595