

What is **Motiv8**?

Motiv8 is a 9-week programme which aims to increase your physical activity levels, encourage you to eat healthier and look after your physical health. Service users and staff worked together at Edenfield to create Motiv8. You will be part of a group and will take part in exercise sessions, diet and cooking sessions, learn about your physical health and how to look after it.

Plus, there is an awards ceremony at the end! This will all be conducted on the wards or in other areas at Edenfield (for example at The Recovery Academy).

Will I get anything as a thank you?

To thank you for your time we will offer you £20 each time you complete assessments. You will also be able to keep anything from the programme e.g. water bottles!

**YOU CAN LEAVE THE STUDY AT ANY TIME
AND IT WILL NOT AFFECT YOUR CARE.**

How do I find out more?

If you would like to find out more and to discuss taking part, you can speak with a member of the research team:

Elizabeth Kimber (Research Assistant)  0771 734 0245

Rebekah Carney (Chief Investigator)  0161 358 6595

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

MANCHESTER
1824

The University of Manchester

NHS

Greater Manchester
Mental Health
NHS Foundation Trust

Motiv8



Are you a current service user at the Edenfield Centre in GMMH?



Would you like to improve your physical health and fitness?



Do you want to take part in **Motiv8?!?**

We are looking for people on secure services to take part in a study of **Motiv8**.

What is the study?

Motiv8 is a study looking at whether a physical health program helps people in secure services to lose weight. **Motiv8** aims to increase activity levels, improve diet, and improve physical health, while making you feel part of a community.

What are the two different groups?

When you sign up to the study, we will ask you some questions about your physical and mental health. Then you will get put into one of two groups which will say when you get **Motiv8**. This is done at random so it makes it fair.

What are the benefits of taking part?

Research is important to help develop the best mental and physical healthcare. Everyone who takes part will get **Motiv8**. This is on top of your usual care. You will have the support of other **Motiv8** participants, the research team and a whole team of facilitators! You will also be contributing to research that may help people who use secure services in the future!

What will happen if I take part?

If you are interested, one of our researchers will speak with you to discuss the study. We will give you more information so you can decide whether you want to take part. We may speak to someone like your clinician to make sure the study is right for you. Once signed up, a researcher will do some physical and mental health assessments with you, and you will be placed into one of two groups. You will do assessments at the start, after 10 weeks and after 3 months.

