

Stay informed

OUR LATEST PUBLICATIONS (selection)

The translations of outcome measures that have been developed during the UPSIDES project are up on our website! You can take a look here:

→ <https://www.upsides.org/output/>

Nixdorf et al. (2020). Development of a global mental health peer support worker training program. Poster, GACD Annual Scientific Meeting, 10-13/11/2020

→ <https://t1p.de/7de4>

Kohlmann, B. (2020): My life in Corona times: Germany, May 20. In: Life during the Corona virus: view from the ground Vol. 3; Newsletter of the World Association of Psychosocial Rehabilitation (WAPR)

→ <https://t1p.de/kbmi>

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NEXT NEWSLETTER: #08

→ Participant recruitment: Progress, updates, challenges faced by the team
→ Interview with UPSIDES peer support workers shedding light on their experiences with UPSIDES training and working with services users

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UPSIDES

Newsletter



#07
June
2021

#07-TOPICS

UPDATE ON THE COVID-19 SITUATION AT THE UPSIDES STUDY SITES

COMPLETION OF PARTICIPANT RECRUITMENT FOR THE UPSIDES MAIN STUDY

INTERVIEW WITH PROF. GALIA MORAN (PI) ON THE UPSIDES EVALUATION APPROACH (BEN GURION UNIVERSITY, ISRAEL)



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 www.upsides.org

Update on the Covid-19 situation at UPSIDES sites

As described in our previous newsletter, the UPSIDES study was facing the impact of Covid-19 pandemic earlier last year. Throughout this stressful and overall unusual year 2020, we managed to keep up the good spirits and stand together as a consortium.

We are happy to report that since late 2020 and beginning of 2021, most sites have been able to resume work including training new peer support workers, recruiting participants in the study and data collection at various time points. However, some sites have faced several ups and downs due to Covid-19 restrictions, along with a surge in cases and several lockdowns. We have ensured and prioritized the safety of our staff and peer support workers during this time.

Completion of participant recruitment for the UPSIDES main study

The UPSIDES participant recruitment is in its last phases. All the sites have worked hard towards completing a minimum of recruiting 93 participants. We are happy to report that the UPSIDES study has almost recruited the required number of participants, as of June 2021 across all sites.



The Peer Support Workers at Butabika Hospital during a Mutual Support Group Meeting that has enabled a structure for formal group supervision, reflection, peer support and learning.

Interview with Prof. Galia Moran (Ben Gurion University, Israel)

The UPSIDES evaluation approach

Q: What interests you most in research about peer support?

GM: What is fascinating for me in this kind of research is the opportunity to connect on so many levels. We have inputs coming from very different cultures and organizations and people - all relate to the issue of peer support. This is a unique opportunity to dive deep and understand the common elements as well as the contextual and local influences. In this way we have an opportunity to distill the critical elements of peer support in mental health and provide a substantial contribution to the accumulating body of knowledge in this area internationally. We also get to know peer work internationally in different cultures which broaden our understanding and appreciation to mental health peer support in general.

Q: What is mixed-methods research and what are its advantages for UPSIDES?

GM: In a nutshell, mixed-methods is an approach that has been growing in health and social sciences as a vital means to capture relevant human phenomenon, maximizing the advantages embedded in both qualitative and quantitative research methods - and moreover - utilizing the combination between them to optimize the quality of data gained. For example, in UPSIDES the mixed methods approach will enable us to assess the impact of the intervention on service users across a large sample providing solid evidence. Next, based on these quantitative outcomes, we will sample those who most benefited and those who least benefited from the intervention. They will be invited to be interviewed in-depth to learn about the processes and tease out what worked and what didn't in the intervention. This way mixed method allows us to gain optimal knowledge and learning about the intervention for further finalization and adaptation to various contexts.

Q: What are the next steps for the qualitative research team?

GM: To remind, the qualitative team in Germany and Israel works on 4 sub-projects assessing all stakeholders involved in the UPSIDES project. These involve multiple focus groups and interviews with; key stakeholders, mental health workers, peer support workers and service recipients across all countries involved in the project. The first focus group data for key stakeholders and mental health workers was already collected, while the post-intervention data for these groups, as well as for service user and peer support workers' data will be collected within the next year. Accordingly, we are amidst the analysis of the data already obtained (mental health workers and key stakeholder) and preparing the procedures for collecting the data for the remaining stakeholder groups (service users and peer support workers).

All along this is a very dynamic process which involves coordinating different discussions with researchers in the core group (in Germany and Israel), as well as connecting with the various study sites (India, Tanzania, Uganda and Hamburg Germany). We are enjoying this process very much and looking forward to continuing these highly constructive and fruitful meetings.