



IMAGINE A MIXED-METHODS STUDY



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BACKGROUND

Within the INTERREG North-West Europe IT4Anxiety project, the WHO Collaborating Centre for Research and Training in Mental Health (France) is leading the work package entitled "identification of the needs". The complexity of our study object - new technologies for mental health, focusing on anxiety management, requires a multi-disciplinary approach, considering both clinical and socio-anthropological aspects.

AIM

To describe the use, acceptability, and needs of different categories of users of new technologies for anxiety management & to perform a comparison between countries in North-West Europe.

METHODOLOGY

Mixed-methods research

- ✓ Ethics approval obtained in each partner country
- ✓ Data collection period: November 2021 - July 2022
- ✓ Data analysis is ongoing
- ✓ RESULTS AVAILABLE IN 2023

INTERNATIONAL RESEARCH CONSORTIUM



France
 Belgium
 Netherlands
 Germany
 Scotland - UK
 Northern Ireland - UK

STUDY POPULATION



People experiencing anxiety
 *self-declared within the general population

Carers
 *any person of legal age providing support to a person experiencing anxiety

Health/mental health professionals

Inclusion criteria: 18 y+ ; Voluntary participation

QUANTITATIVE STUDY

Survey

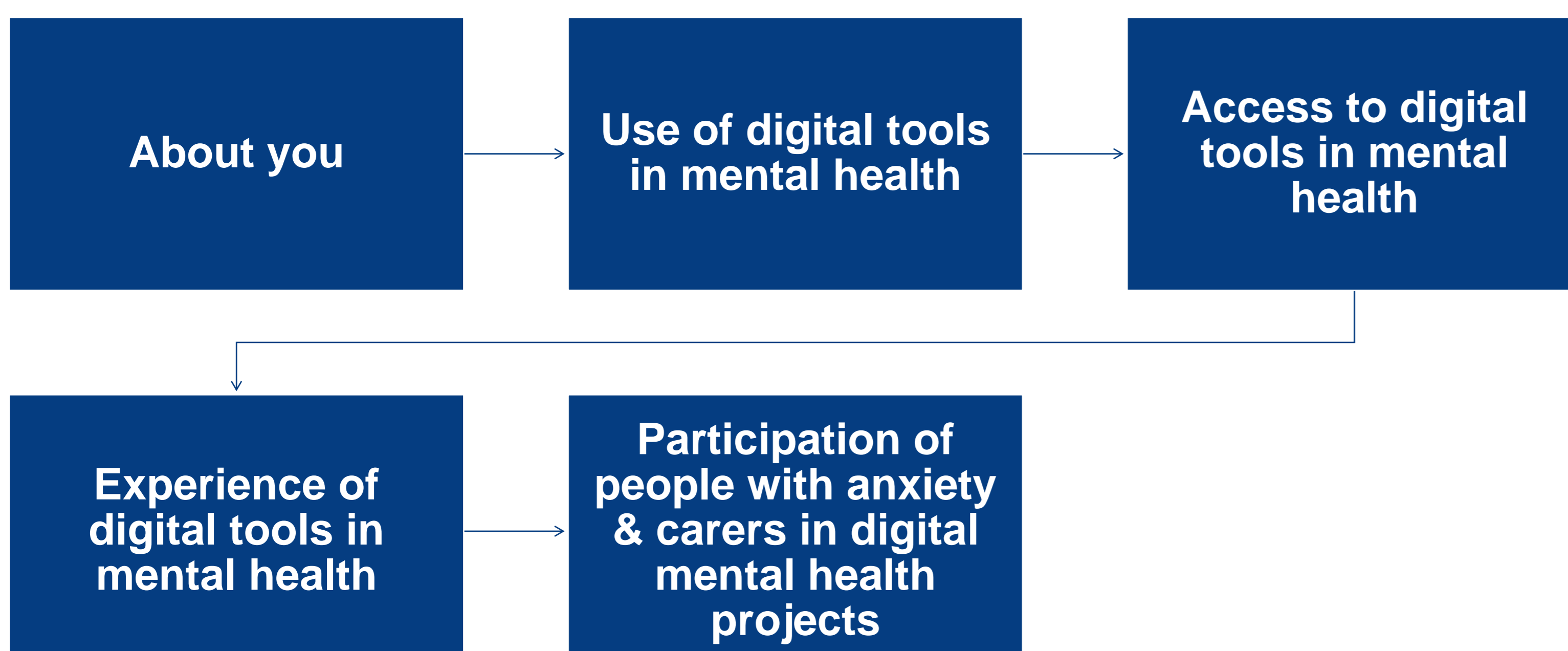
- ✓ Co-constructed (researchers, health professionals, people experiencing anxiety, and carers)
- ✓ Translated with the WHO back-translation method*
- ✓ Three versions of survey adapted according to the study populations: People experiencing anxiety, carers, and professionals

*WHODAS 2.0 Translation package

Characteristics:

Anonymous
 Self-administered
 10 Minutes
 Online and paper versions
 French, English, German, and Dutch versions

Structure:



QUALITATIVE STUDY

Focus groups

- ✓ 1 focus group per study population in each partner country (total 18 groups)
- ✓ 4-8 participants per focus group
- ✓ Face-2-face, online, or hybrid
- ✓ Led by a moderator and an assistant moderator
- ✓ Semi-structured focus group guide
- ✓ Socio-demographic questionnaire and Free association task
- ✓ The focus groups were filmed

Themes:



The IMAGINE research consortium: