
Experience of conducting mental health research with service users in Scotland

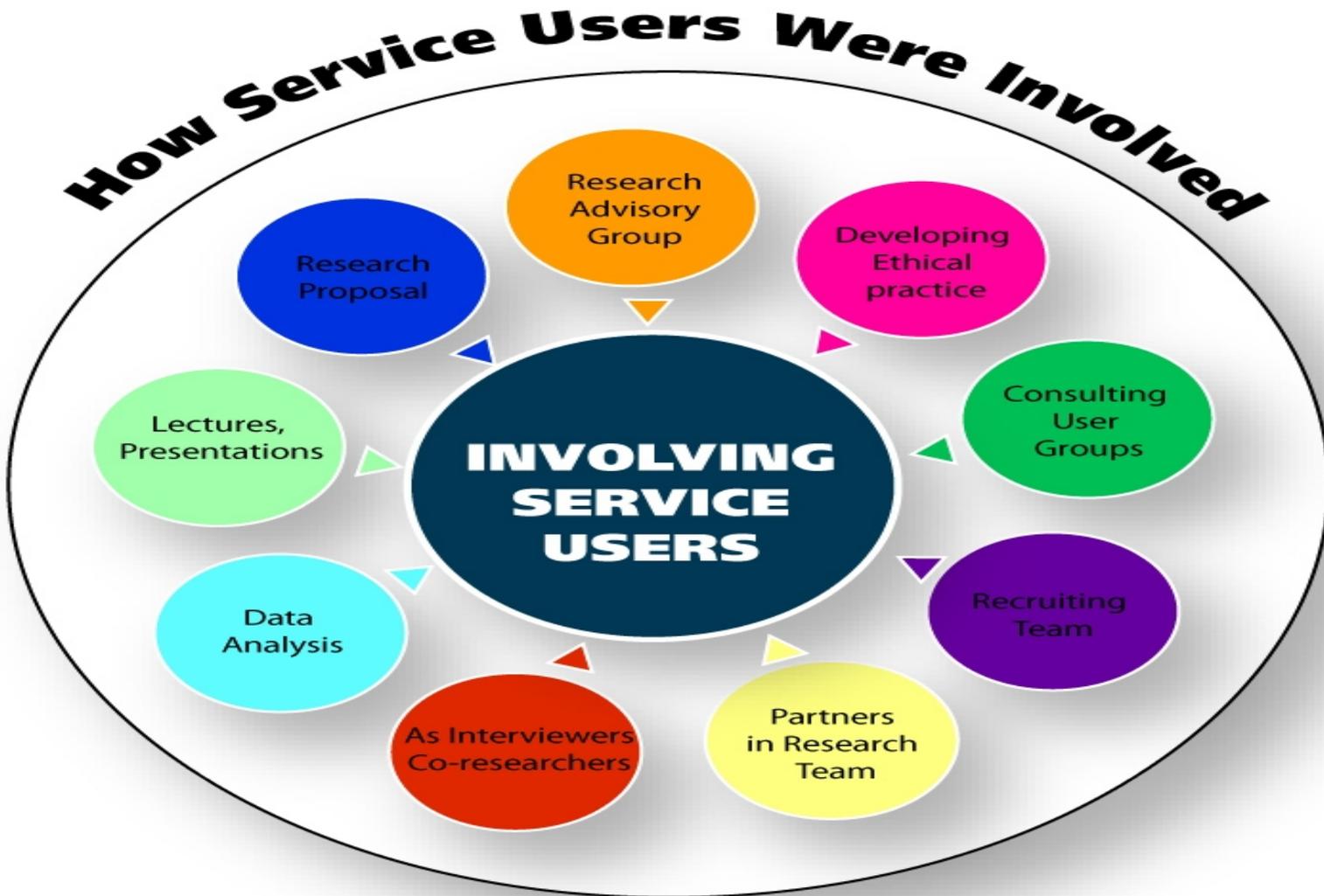
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How Service Users Participated



“I have gained personally, in that I realise that although I have been dogged with Mental Health problems for most of my life I have never had a CTO placed on me, and that makes me feel lucky. I also found it a privilege to be welcomed into other peoples homes and treated like a guest. The interviewees also made me feel trusted. It is not easy to open up about personal experiences to two complete strangers. The experience has also eased me from work into retirement, and stopped me feeling totally redundant.”

Service user researcher

What some interviewees said.....

- *It felt better that there was somebody there that understood”*
 - *“If I was sitting with two officials I couldn’t be as relaxed, having a laugh as well as talking about these things”*
 - *“Good that its also someone that’s been in a similar situation”*
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