

Getting more physically active: finding out what helps and hinders

A new study sponsored by the University of Oxford



What is the purpose of the study?

Physical activity (both standing up and exercise) can make us healthier and happier. It can be especially important for people who have had psychosis, but sometimes it's hard to get going. The aim of this study is to find out about what helps people who have had psychosis to be physically active. We hope this information will be used to provide better support in the future.

What will it involve?

We would like to speak to people to find out what helps, either in a group conversation or one to one interview.

Who can take part in the research?

We are looking for people who can share their experiences and views of physical activity. We'd like to speak to people who have experienced psychosis and to people who support someone with psychosis (eg family members).

Expenses and payment

You will be reimbursed for your time.

Further information and contact details:

If you would like to take part or to ask a question please contact:

Dr Rowan Diamond, Clinical Psychologist
Department of Psychiatry, Oxford University,
Warneford Hospital, Oxford, OX3 7JX.
Tel: 01865 618186; 07729 674690; Email: rowan.diamond@oxfordhealth.nhs.uk