

Delphi Questionnaire Round 1

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Delphi Questionnaire Round 1- Please respond by 31st January 2021

Thank you for participating in the MARCH network study. Your involvement will help us develop a set of guidelines to support organisations into offering heritage interventions to people with mental health issues.

As you have already been informed you will be taking part in a Delphi exercise which is a type of a virtual meeting of experts- gathered anonymously- to answer a difficult question and reach a group decision. If you want a reminder of what the project is about and what we are going to do with the information you give us please click [here](#).

This is the first of three rounds of questionnaires and it will possibly be the most time consuming one. We anticipate that it will take between half an hour to an hour to complete- depending on how much detail you want to include into your answers. There are a large number of free text boxes and we would like you to be as detailed as possible at this stage.

You can participate only after you give us your consent and you can change your mind at any point before submitting your responses. You will also have the option to save a draft of your questionnaire and finish it later (**but not after the closing date- 31st January 2021**). We will also be able to remove your response after you submit it, as long as you ask us to do so before the closing date. We are not going to be able to remove your response after the closing date because we will be using your answers to create the questionnaire for the next round.

Although you can opt out from responding to any further questionnaires at any point, we would really appreciate it if you respond to this one that you will also respond to subsequent rounds. However, if your circumstances change and you are unable to do so please email us at eva.makri@solent.ac.uk to let us know.

We also ask that you complete all questions as this is important to achieve agreement.

No individuals will be identified when sharing the findings to allow you to freely express your opinions. Your answers will be known only to the research team and are not going to be kept for

longer than necessary after completion of the study. On completion of the guidelines, you will be asked whether you would like your name to be added as a contributor, so that you are acknowledged for your involvement.

The closing date for responses is 31st January 2021

You can contact the research team at eva.makri@solent.ac.uk if you need further information.

If you have questions about your rights as a participant in this research, or if you feel that you have been placed at risk, you may contact: Dr Rhodri Davies, Chair of the Psychology Ethics Committee, Psychology Programme Group, Solent University, Southampton, SO14 0RF. Phone: (023) 8201 2057.

Please click the box below to confirm that you have read and understood the information provided above. * Required

I confirm that I have read and understood the information provided and I agree to take part in the study on the basis set out in the information above.

Please click the box below to confirm that you are over 18 years of age. * Required

I am over 18 years old of age

Which is the email address you use for the study? * Required

Please enter a valid email address.

SECTION 1 - INFORMATION

By involvement in heritage projects we refer to an **organised programme of activities** that connects participants to tangible (e.g. historic spaces, artefacts, etc) and intangible (e.g. oral traditions, traditional skills, etc) cultural heritage.

Those activities could take place on a heritage site, or within a historic landscape but that is not always necessary. It could be e.g. taking part in an archaeological dig, doing an organised walk to a historic garden, joining a yoga class within a historic building, handling objects in a museum but it could also be sharing ideas and memories about places of historic significance in a blog, adding photographs to a digital collection, etc.

For the purpose of this research project, participants with mental health issues include anyone that **identifies with having lived experience of mental health issues whether they were diagnosed or not**. We exclude from this study those living with dementia and young people (under the age of 18) with mental health issues. Inclusion of those two groups in heritage projects would require adaptations that are beyond the scope of this study but could be further investigated in future research.

SECTION 2- PLANNING AND IMPLEMENTATION OF HERITAGE PROJECTS

This section asks for your opinions on the aims of heritage projects, who should be involved, the barriers, risks, and enablers that are associated with running these projects, as well as the structure and delivery of heritage projects.

In your opinion what should be the objective(s) of involving people with mental health issues to heritage projects? Please tick all that apply. * Required

- To improve or enrich a heritage project
- To improve the mental health wellbeing of those taking part
- Other

If you selected Other, please specify:

What specific benefits would you like to see from an activity that aims to enrich or improve a heritage project?

What aspect of the list below does your comment relate to in particular? Please tick all that apply. Optional

- Expose, conserve or improve a heritage site
- Survey or record heritage assets

- Enrich a heritage collection
- Educate
- Reach new audiences
- Other

If you selected Other, please specify:

What specific benefits would you like to see from an activity that aims to improve the mental health wellbeing of those taking part?

What aspect of the list below does your comment relate to in particular? Please tick all that apply.

- Therapeutic
- Befriending
- Offer education and training
- Be part of a community activity group
- Undertake a purposeful activity
- Other

If you selected Other, please specify:

Do you think a programme that uses heritage related activities to support mental health should...? Please tick one box only. * Required

- ...be designed to include everyone, not just people with mental health issues.
- ...be designed around the needs of people with mental health issues and include only this group.
- ...be designed around the needs of a specific group/ cohort of people with mental health issues (e.g. veterans) and include only this group.
- ...it depends
- Other

Can you tell us as a bit more about why you chose that option?

If you selected Other, please specify:

In your experience which factors could act as barriers for involving people with mental health issues in heritage projects, and why? These factors could be emotional (such as personal fears and anxieties), tangible (such as accessibility, regularity/ length or nature of activity) organisational (such as skills of those delivering the program, staff numbers, awareness and signposting), etc. * *Required*

Which do you consider to be the biggest barrier and how do you propose to overcome it? * *Required*

In your experience which potential risks should be considered when planning to involve people with mental health issues in heritage projects, and why? These risks could be emotional (e.g. activity causing adverse reaction to participants), tangible (such as activity causing risks to heritage sites), organisational (such as safeguarding, legislation, GDPR), etc. * *Required*

Which do you consider to be the biggest risk and how do you propose to overcome it? * *Required*

In your experience which factors could act as enablers for involvement of people with mental health issues in heritage projects, and why? Those enablers could be emotional (such as motivations or supporters/buddies), tangible (such as help with accessing the activity) or organisational (such as referrals from surgeries, cooperation between organisations, access to funding, support for staffing), etc. * *Required*

Based on your answers above, can you propose any specific actions that would facilitate involvement in heritage projects for people with mental health issues? * *Required*

What kind of model do you think would better deliver a programme of activities that involve people with mental health issues in heritage projects, and why? (E.g. should it be structured or semi structured, should it adapt and evolve according to the needs and preferences of participants, should it run mostly in line with the knowledge and capabilities of those that run it, etc?) * *Required*

What type of methods - if any - would you put into place to match an individual to a programme that uses heritage related activities to support mental health, and why? (e.g. patient records, assessments, conversations, etc). * *Required*

How would you direct people with mental health issues to a programme that uses heritage related activities to support mental health? (e.g. through social prescribing, directories, leaflets, social media) * *Required*

Based on your answers above, who do you think should be involved in the planning, signposting and delivery of a programme of activities that involve

people with mental health issues in heritage projects, and why? (e.g. practitioners working in health, social care, heritage , volunteers, people with lived experience etc.)

* *Required*

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Thinking about staff/volunteers already working in heritage sites, would they need to receive any formal training prior to such a programme taking place, and why?
Please tick one box only. * Required

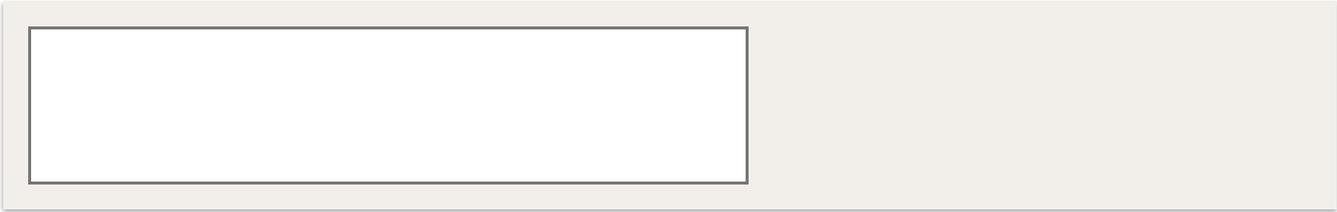
- Yes
- No

Please specify type of training

Please specify who should provide the training

Why not?

What kind of on-site/off-site support do you suggest should be in place for all that participate in the interventions, and why? (e.g. food, accommodation, mental health first aiders, mentoring, support workers, etc). * Required



SECTION 3 - EVALUATION AND POST PROJECT SUPPORT

This section asks for your opinions on whether heritage projects should be evaluated and, if so, how. Also, we ask for your opinions on the support that may be needed after the end of the heritage project.

Would you evaluate the delivery of such a programme? Please tick one box only.

* *Required*

Yes

No

Why not?

Which of these outcomes would you use to measure programme success? Please tick all that apply.

- Positive wellbeing outcomes for participants
- Sustainability of the programme
- Safety of staff/ volunteers
- Safety of participants
- Reach new target audiences for the heritage site
- Positive economic impact
- Less demand on health care resources
- Alleviate stigma surrounding mental health
- Other

Which outcomes would you perceive as having positive impact on an individual's mental health wellbeing after participation in such a programme? Please tick all that apply.

- Making social connections
- Improved physical wellbeing
- Learning new things
- Acquiring new skills
- Gaining employment
- Volunteering
- Improving levels of confidence
- Improving mood
- Increasing of optimism
- Improving confidence
- Improving resilience
- Other

If you selected Other, please specify:

Would you use any formal methods (e.g. questionnaire, wellbeing scales) to measure mental health wellbeing? Please tick one box only.

- Yes
- No
- Don't know

Please specify below .

**At which stage would you evaluate the wellbeing outcomes for participants?
Please tick all that apply.**

- I would evaluate before the delivery of the programme.
- I would evaluate during the delivery programme.
- I would evaluate immediately after the programme has ended .
- I would evaluate some time after the programme has ended .

Please specify how you propose to evaluate the sustainability of the programme.

At which stage would you evaluate the sustainability of the programme? Please tick all that apply.

- I would evaluate before the delivery of the programme.
- I would evaluate during the delivery programme.
- I would evaluate immediately after the programme has ended .
- I would evaluate some time after the programme has ended .

Please specify how you propose to evaluate the safety of staff/ volunteers.

At which stage would you evaluate the safety of staff/ volunteers? Please tick all that apply.

- I would evaluate before the delivery of the programme.
- I would evaluate during the delivery programme.
- I would evaluate immediately after the programme has ended .
- I would evaluate some time after the programme has ended .

Please specify how you propose to evaluate the safety of participants.

At which stage would you evaluate the safety of participants? Please tick all that apply.

- I would evaluate before the delivery of the programme.
- I would evaluate during the delivery programme.
- I would evaluate immediately after the programme has ended .
- I would evaluate some time after the programme has ended .

Please specify how you propose to evaluate reaching new target audiences for the heritage site.

At which stage would you evaluate reaching new target audiences? Please tick all that apply.

- I would evaluate before the delivery of the programme.
- I would evaluate during the delivery programme.
- I would evaluate immediately after the programme has ended .
- I would evaluate some time after the programme has ended .

Please specify how you propose to evaluate positive economic impact.

At which stage would you evaluate economic impact? Please tick all that apply.

- I would evaluate before the delivery of the programme.
- I would evaluate during the delivery programme.
- I would evaluate immediately after the programme has ended .
- I would evaluate some time after the programme has ended .

Please specify how you propose to evaluate less demand in health care resources.

At which stage would you evaluate demand on health care resources? Please tick all that apply.

- I would evaluate before the delivery of the programme.
- I would evaluate during the delivery programme.
- I would evaluate immediately after the programme has ended .
- I would evaluate some time after the programme has ended .

Please specify how you propose to evaluate the alleviation of stigma surrounding mental health.

At which stage would you evaluate alleviation of stigma surrounding mental health? Please tick all that apply.

- I would evaluate before the delivery of the programme.
- I would evaluate during the delivery programme.
- I would evaluate immediately after the programme has ended .
- I would evaluate some time after the programme has ended .

If you selected Other, please specify:



Do you think support should be offered to maintain wellbeing outcomes for those involved in a programme? Please tick one box only.

- Yes
- No

Why not?

When should support be offered? Please tick all that apply.

- I think there should be some support for a short time after the programme ends.
- I think there should be long term support after the programme ends.

What kind of support should be offered and why?

Who should offer that support?

SECTION 4 - ANY OTHER COMMENTS

We know how complex this area is. We've tried our best to capture your expert opinions throughout this questionnaire; however there are bound to be things we haven't asked and you'd like to tell us. Please use the box below to let us know what these might be. The more detail the better!

Have we missed anything? Please let us know in the box below.

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Thank you very much for taking part. We will get in touch soon with the results of this survey and Delphi Questionnaire Round 2.

The March Plus Team
