

Working as a peer researcher: reflections

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Peer Researcher



 **drill**
Enabling Research on
Independent Living & Learning

Empowering people through physical activity

A co-produced research project studying how to improve physical activity
for people with severe and enduring mental health problems





Yap J, McCartan C et al. An exercise intervention for people with serious mental illness: Findings from a qualitative data analysis using participatory theme elicitation. *Health Expect.* 2020 Dec;23(6):1579-1593. doi: 10.1111/hex.13141.



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Spending time in nature is associated with better mental health outcomes.

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Praxis
Care 

‘Lifts your spirits, lifts your mind’: A co-produced mixed-methods exploration of the benefits of green and blue spaces for mental wellbeing

I'm working on a range of studies:

PEER SUPPORT

AN INTERNATIONAL SCOPING REVIEW – OCTOBER 2023

I'm studying at:



We are conducting a small research study to find out how spending time outdoors impacts on mental health & wellbeing.

We want to talk to people who have experience of trauma relating to 'the Troubles'.

Is spending time outdoors beneficial?

Are there barriers to being outdoors?

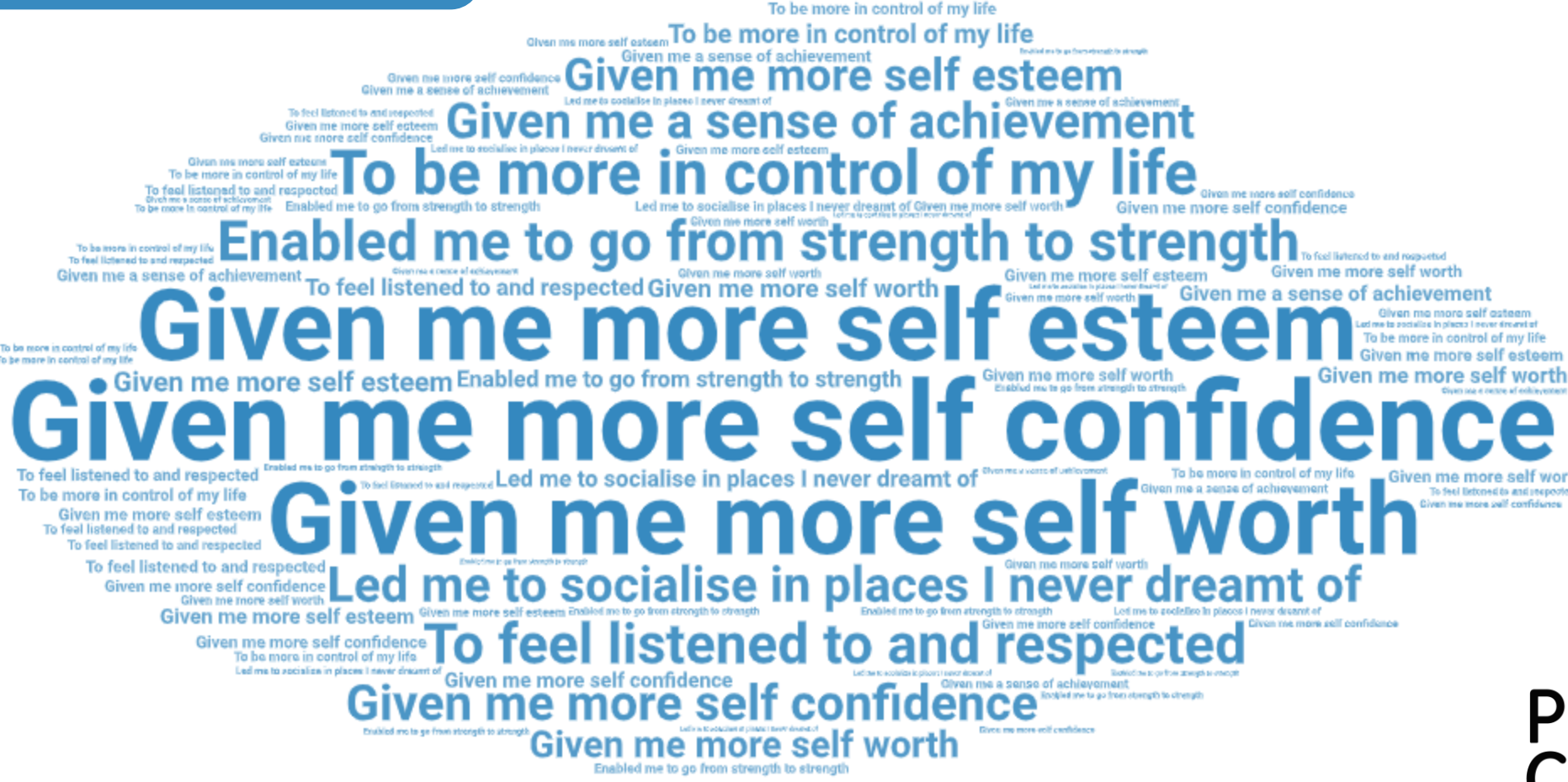
What helps or encourages you to be in nature?

The information we gather will be used to help inform treatment options for others.

**Research
Participants
Wanted**



Benefits of being a peer researcher



Thank you

