

The IMPACT study had 4 phases. Phase 1 collected data on opinions about what helps and hinders service users increasing their physical activity. The data was collected using a questionnaire with service users (n=69) in medium secure mental health services. Phase 1 also included a focus group (discussion group) with hospital staff (n=29) to see their views are on what helps and hinders service users increasing their physical activity.

Phase 2 (n=15) and Phase 3 (n=25) collected data through focus groups (discussion groups) with service users, hospital staff and other key stakeholders to see how to maintain engagement, how to deliver an intervention and to co-produce a physical activity intervention in medium secure mental health services. The data from Phase 1, Phase 2 and Phase 3 helped design and develop the intervention, which was tested in Phase 4.

Phase 4 involved testing the physical activity intervention at two medium secure mental health services in the NHS, UK. Service users (n=33) were asked to join the intervention and the research team collected data about their physical activity levels, blood pressure and body mass (kg) and their views on the intervention, such as what improvements could be made to the intervention. Hospital staff (n=36) were also asked to provide feedback on the intervention and how well it worked for the service users and hospital.

The data from all four phases were analysed by the research team. Overall, there was good feedback from the service users and hospital staff about the intervention. A lot of service users were able to complete the intervention, although some dropped out because of personal reasons, for example mental health issues, hospital transfers/discharge etc. Some outcome measures were not all collected, such as blood pressure and body mass, but the service users gave reasons for not completing this. The results showed that the intervention increased self-reported physical activity and improved physical health and wellbeing. The service users and hospital staff had positive views about the intervention, with many service users saying that they would do the intervention again.

The data shows that physical activity interventions can be co-produced, delivered and maintain the commitment of service users with severe mental illness, in medium secure mental health services. In the future, more service users should be asked to take part in the study, because this will help better reflect the population in medium secure mental health services. However, it is important to remember that it can be difficult to get service users to take part in studies, like the IMPACT study, because of the environment and restrictions of medium secure mental health services. A future pilot randomised controlled trial (RCT) will help better understand the effectiveness of the intervention in this type of healthcare setting.