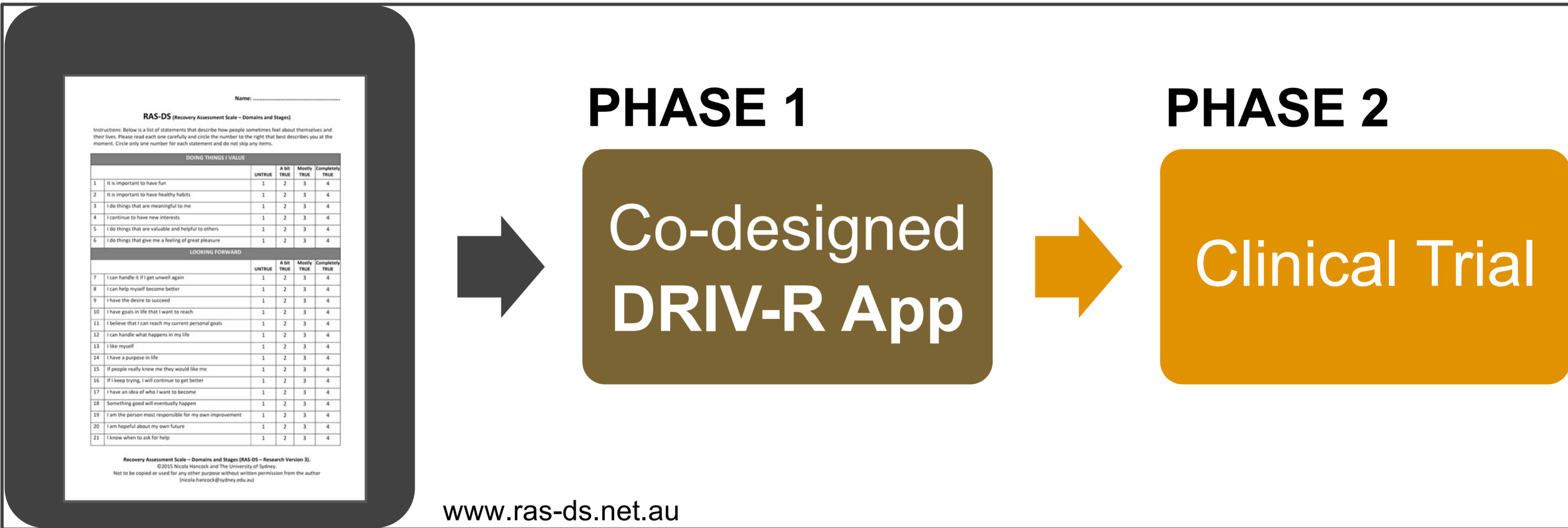




Professor Nicola Hancock

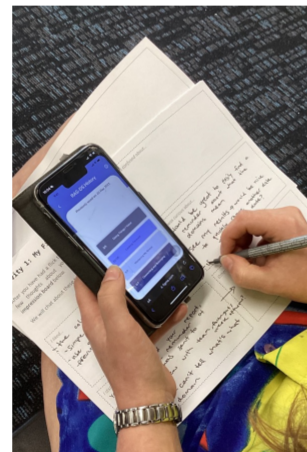
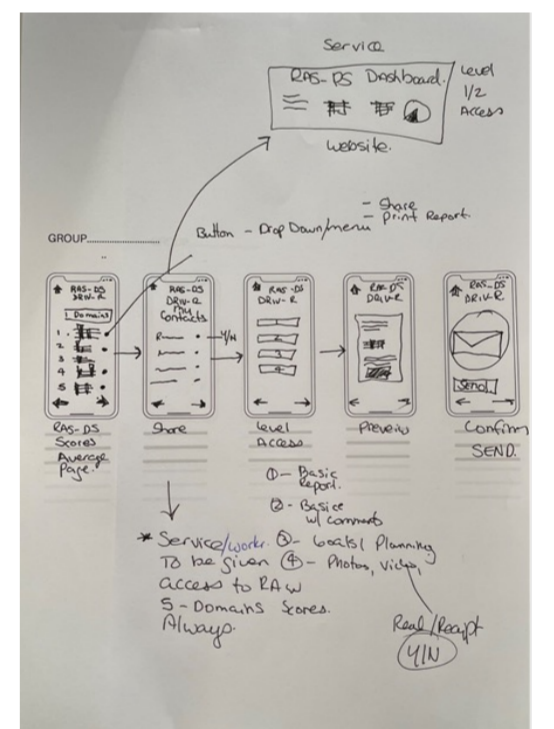
Discipline of Occupational Therapy, Faculty of Medicine & Health, The University of Sydney

Team: Justin Scanlan, Anne Honey, Andrew Povolny, Asha Zappa, Gemma Smart, Naseem Ahmadpour, Yidan Cao, Lorraine Smith, Gren Rose, Mark Orr



PHASE 1 Co-Design Journey

- 19 Co-designers
- 16 with LE
- 8 workers (5 with LE)
- 11 people accessing services



- 8 all-day co-design labs over 12 months
- Iterative process
- Human Centred Design (HCD)
- activities to support ideation, brainstorming and refining the design of the App

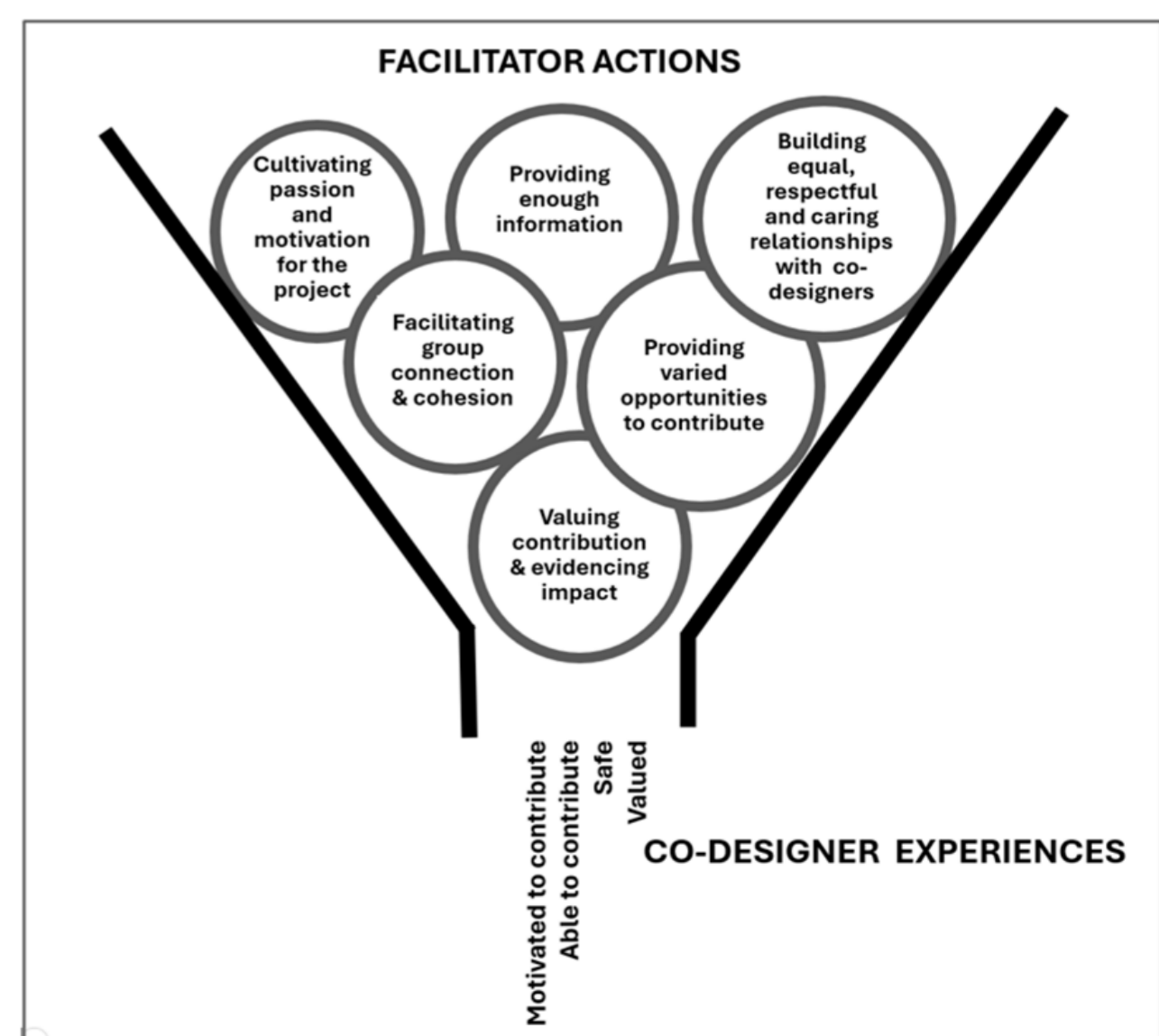
Evaluation of co-design experience – Maximising the ‘co’ in co-design

Aim
Learn about the co-designers’ perspectives on what made their participation in co-design meaningful

- Data**
- Anonymous surveys on-line
 - Anonymous in-depth interviews (n =12)

Analysis
Thematic analysis

Publication under review

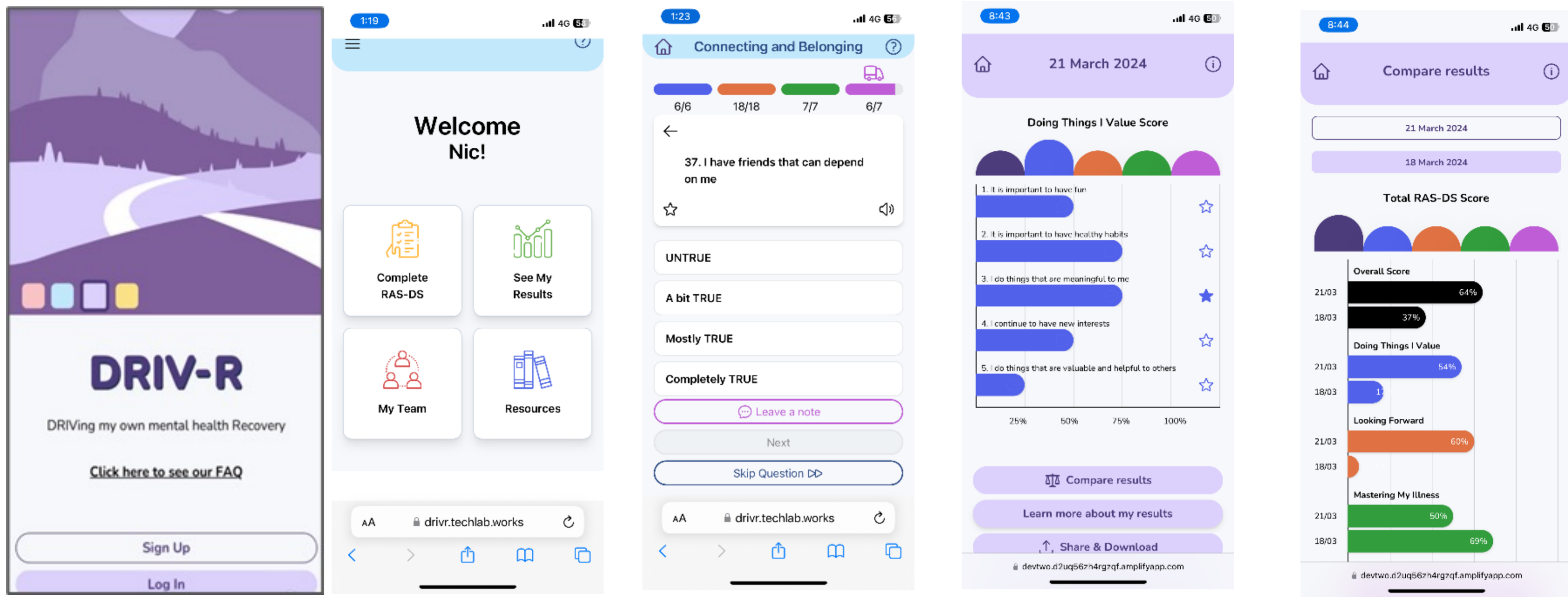




Professor Nicola Hancock

Discipline of Occupational Therapy, Faculty of Medicine & Health, The University of Sydney

Team: Justin Scanlan, Anne Honey, Andrew Povolny, Asha Zappa, Gemma Smart, Naseem Ahmadpour, Yidan Cao, Lorraine Smith, Gren Rose, Mark Orr



PHASE 2 – TRIAL

support workers + people they are supporting (dyads)

Using DRIV-R over a 9-month period

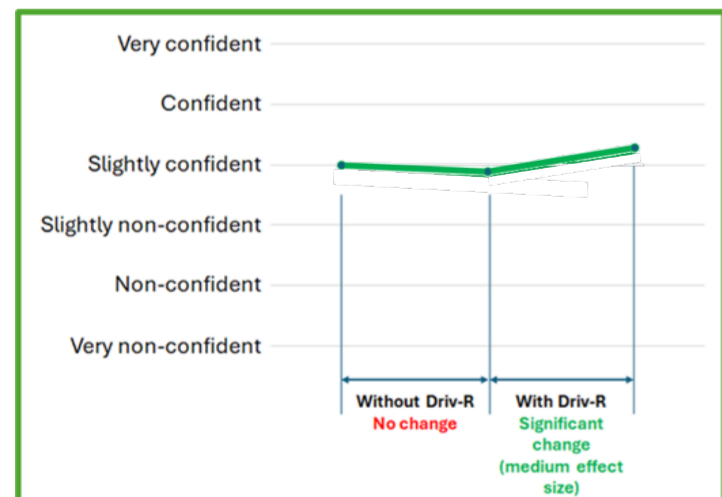
Trial ended December 2025

Encouraging early results

EARLY RESULTS

Impact/Outcomes

1. Significant improvement in Mental Health Self Confidence



T1 to T2 change

$t=3.0$ ($p=.004$) $d=0.40$

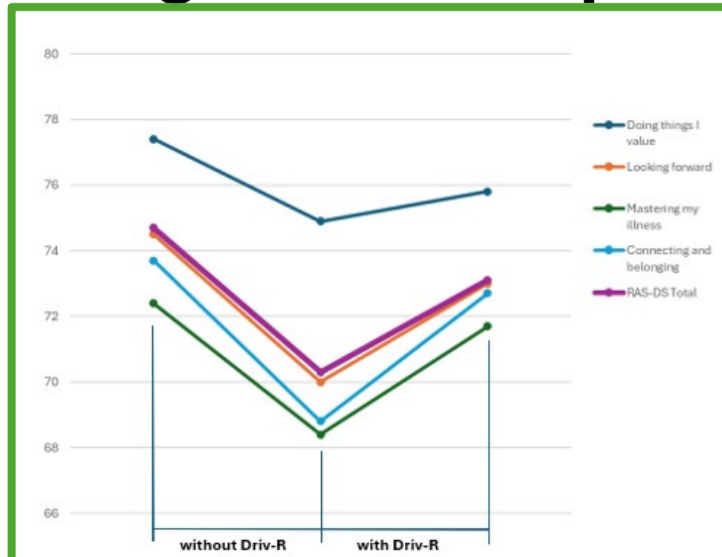
Significant changes in:

- Be happy
- Set goals for yourself
- Boost your self esteem
- Stay out of the hospital
- Deal with losing someone close to you
- Advocate for your needs

Process/Implementation evaluation



2. Significant improvement in Mental Health Recovery



T0 to T1 change

Significant reduction in RAS-DS Total, Looking forward and Connecting and belonging

T1 to T2 change

RAS-DS Total - $t=2.1$ ($p=.042$) $d=0.28$

Connecting and belonging - $t=2.3$ ($p=.025$) $d=0.31$

Significant changes in:

- I know when to ask for help
- I can learn from my mistakes
- I have friends without mental illness
- I have friends that can depend on me