

Who is conducting the research study?

This study is being conducted by the Māori Indigenous Health Institute (MIHI), which is part of the University of Otago, Christchurch.

The University of Otago staff closely involved in this phase of the research project include Dr Cameron Lacey (Principle Investigator, Psychiatrist, MIHI), Dr Jenni Manuel (Research Fellow, MIHI), Associate Professor Suzanne Pitama (Director of MIHI, Ngati Kahungunu) and Professor Marie Crowe (Department of Psychological Medicine).

Who is funding the study?

The study is funded by the Health Research Council of New Zealand with the specific aim to conduct research that increases Māori knowledge and improves outcomes for Māori people.

Ethical approval:

The study has been approved by the New Zealand Health and Disability Ethics committee.

What is psychosis?

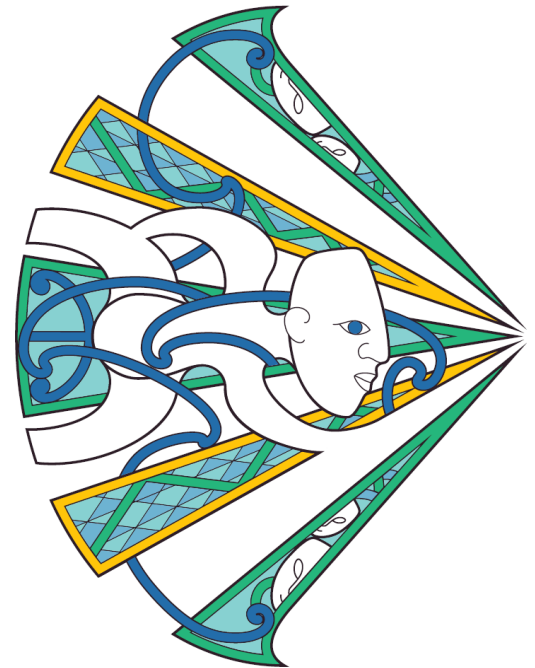
First episode psychosis is the point at which a person first presents for treatment of a psychotic illness. Psychosis is a general term that refers to a range of unusual experiences that affects how a person thinks, feels and experiences the world. These experiences can include hearing or seeing things that are not apparent to others or having changes in smell, taste or touch. People can also have unusual beliefs or experience thinking that becomes confused and disorganised.

Who do I contact about the study?

For more information or if you are interested in taking part, please contact:

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TE UEMAIRANGI: Pathways to First Episode Psychosis and Outcomes in Māori Youth



What is the Kaupapa for this study?

This study aims to improve health and social service responses to Māori youth that experience psychosis. Part of this, is gaining an understanding of Māori youth and whanau experiences of accessing help for first episode psychosis. This will involve interviewing Māori youth and whanau about their experience of getting help for first episode psychosis.

This study is a part of larger study that is also investigating what social and health services Māori youth come in contact with prior to becoming unwell with psychosis. All of the information collected will be used to create recommendations to improve how health and social services respond to the needs of Māori youth experiencing psychosis and their whānau.

What participants are we looking for?

We are looking for people who:

- Identify as Māori
- Are aged between 16 and 25
- And have had a recent first episode of psychosis.

Can whānau also participate?

Yes, we would also like to invite two whānau members who have supported you in your experience of psychosis to come along to the meeting and to take part. Understanding the whānau perspective about accessing health services, treatment, and the impact of psychosis is an important part of knowing how services can better care for Māori. However, if you would prefer not to have whānau with you during the interview that is also ok. If you do not want Whānau involved you can participate individually. Whānau who have supported someone under the age of 16 through psychosis are able to participate without the youth being present.

What will my participation involve?

Taking part in the study will involve meeting with a research mental health clinician who will ask you questions about your experience of accessing and receiving treatment for psychosis. This will include talking about your personal experience of psychosis and how this has impacted your life, as well as hearing from your whānau about their experience. It may also include talking about your experience of other health and social services if you have had contact with them in the past.

How long will it take?

It is likely that the interview will take around an hour of your time. The interview is audio recorded. The information collected will be kept private and confidential.

What are the risks of taking part?

The risks of taking part in this study are small. It is possible that talking about your experiences may bring up some difficult feelings. You can have the support of your whānau during the meeting and the interviewer will be a trained mental health professional. It is hoped that this will provide a safe and supportive environment for you to share your perspective.

What are the benefits of taking part?

The main benefit of participating is being part of a study that will contribute to our understanding of how health and social services can cater to the needs of others like you experiencing or supporting someone with psychosis. We would also like to offer a small koha to each participant to recognise your time in taking part.