DESIGN IN MENTAL HEALTH?
a literature review of design thinking in UK and European mental health

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CONTEXT

The current financial challenges faced by UK National Health Services are drastically impacting mental health service provision. Innovative approaches to care hold the potential to:

- improve service user experience

- respect the individual's needs through collaborative endeavour

- re-design systems - positively impacting funding and resource issues

- inform service provision through the lived experience of service users, support networks, carers and staff

METHODOLOGY

Search strategy:
- search terms developed around the separate domains of **mental health** and **design**
- rigorous key word search – developed a final search string run across selected databases
- identifying those in scope – highly iterative process, facilitated by the following key question:

'Does the paper include description of design processes or thinking, alongside consideration of mental health or wellbeing issues, or refer to design methodology or practice within a mental health?'

- A grounded theory approach was taken to identify themes and sub-themes (Bryman 2013)
- Immersion within the data (Moustakas 1990) allowed for specific *on target* intersections to be located
- A development of Sanders (2008) 'Framework for Design Research' integrated philosophical frameworks later used to analyze the literature: behavioural, cognitive, relational/social and medical models

1731
(179 in scope)

+134 expert review
310

151

130

PAPERS LOCATED

1731 total database returns before removal of duplicates

(179) database results found to be within scope

+

(134) results from IoSoft project expert review

= 310 manually transferred to spreadsheet.
Title, abstract, keywords reviewed
151 found relating closely

Full papers reviewed
130 found *accurately* on target.

GREY LITERATURE LOCATED
- Top 100 Google results
  (28) in scope   (25) non-EU
- 71 further papers saved for review

AIMS

The literature review aims to deliver a current picture of design thinking, methodology and practice being utilised or explored within the field of mental health.

- 2010-2016

- UK or EU based

- appropriate literature identified from outside these parameters eg; USA, Australia, saved for future extended review

Our intention is to inform service users, providers, researchers and designers of:

- the benefits of diverse forms of engagement between service user and provider

- challenges in staff and public patient involvement in care service quality management, and design research

- the philosophical frameworks underpinning research methodologies and service provision, or lack of them

- gaps in the literature and directions for future research, education and service development

There have been reviews of the design for health literature, but not the intersections between design and mental health. In doing so we support current NHS mandates citing parity of esteem.

FUTURE RESEARCH

This review suggests the following future research directions:

- Review of non-EU and Grey literature. (Australia in particular looks busy in terms of collaborative research in this area)

- Digital/tech developments designed for the person not the diagnosis?

- Growing interest in evidence-based outcomes re-creative practice and mental health 'recovery'

- Service design concepts brought to wellbeing services with a view to expand involvement including NHS commissioning bodies

FINDINGS

So far the findings from this literature review include:

Design thinking practices such as Service and Participatory Design, currently lack an awareness of –
- the larger mental health service provision landscape
- range of mental health challenges faced by service users
- the philosophical modalities underpinning different services
- the potential personal and ethical impact of working within this sector

- The following theoretical models can extend frameworks of design research to fully support studies within this sector:
- Behavioural
- Relational/social
- Cognitive
- Medical model

- Technological developments and design of assistive digital devices for mental health emerged as the **largest category** of papers

- **User centred design effectively asks for a medical model** and engages in design for a diagnostic label or disorder

- Increasing interest in participatory art, craft and creative practice in mental health research

- Language can be very misleading

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