## Role Profile: Lived Experience Advisory Group Member

## For a research project understanding how behavioural treatments work for insomnia, and how they improve depression and anxiety in young adults

We are looking for people between 18 – 30 years who have experience of poor sleep, and low mood or anxiety to partner on our research project, run by leading scientists at the University of Oxford.

We have a unique opportunity for you to get involved in two exciting programmes of research and join our research team, inputting into every stage of the research from start to finish.

No particular qualification or experience is required - just your own experiences and ideas are all you need to help inform our work.

Our research focusses on understanding how behavioural treatments for insomnia improve depression and anxiety in young adults. This is a chance to get involved in a project that will have real impact on many people suffering from sleep and mental health difficulties. This may lead to new ways of treating depression and anxiety in the future and provide important knowledge on how sleep and mental health are connected.

The nature of the project means that we need lots of input from people experiencing sleep difficulties, and low mood or anxiety, which is why we want you to join our team.

As a member of our Lived Experience Advisory Group you’ll work closely with the research teams who will support you throughout the project. Together you will feed into the development of up to 5 clinical studies, by sharing your opinions and experiences.

The goal of this research project is to:

* understand how behavioural sleep therapies improve insomnia, and whether these improvements lead to changes in depression and anxiety
* understand how behavioural sleep therapies alter brain function, and whether this is related to the regulation of emotion
* test whether adding a body-clock intervention to behavioural sleep therapy leads to further improvement in depression and anxiety

We will communicate the results of our research to patients, GPs and other scientists to pave the way to improvements in patient care.

## Time Commitment

As a member of our Lived Experience Advisory Group you’ll be required to attend two online meetings throughout each year (2025 to 2030), lasting between 1.5 to 2 hours each, as well as read and provide feedback on various project-related documents as and when needed. In total, we expect our Expert Advisory Group to commit around 3-5 days on our projects per year. Further details are outlined below in the section ‘What you will do’. There will be opportunities for bespoke training where necessary for the role. The Expert Advisory Group is friendly and informal. You don’t need any experience of research, just be happy to share your views and opinions based on your experience of sleep difficulties, and low mood or anxiety.

## What you will do:

* Advise and input into the research and development of the clinical studies over the 5 years of the project
* Share perspectives and views based on your lived experience of sleep problems, low mood and/or anxiety
* As a group, provide diverse views and perspectives from a range of individuals with lived experience
* Work with us to make sure that our research focuses on what’s important to patients
* Help us refine our methods and ensure that what we are measuring is of relevance to patients
* Review patient-facing documents
* Test our proposed measurement devices (to measure sleep, activity and light) and help us to create clear instructions
* Review and refine existing written materials, including therapy workbooks
* Input into the design of a light therapy treatment, including written suggestions for changing the light environment, identifying potential challenges or solutions to using the light therapy, in specific groups of individuals
* Help us to consider our research plans to ensure that we balance participant acceptability with scientific rigour
* Advise us about how we recruit a diverse group of patients for our research, and how we keep them within the trial
* Help us to interpret and provide context for our research results
* Review participant newsletters and summaries of our research results
* Help us identify relevant support groups or online forums where we can recruit potential participants, and share our research findings

## How we will support you

* We will support you throughout the project and be on-hand to answer any questions you may have, and work alongside you in project meetings
* We will discuss with you what training you may need and make sure you feel supported to carry out your role
* Throughout the research we will update you regarding new research findings

## Benefits of becoming an advisory group member

* You will be paid at £25 per hour as per the national patient involvement guidelines <https://www.nihr.ac.uk/payment-guidance-researchers-and-professionals>
* You will develop new skills, and knowledge about health research
* We will be able to provide employment references for you, about the work you’ve done with us
* You will have first-hand experience being involved in a large research project

## How to get involved

We are hoping to start working with our Lived Experience Advisory Group from January 2025.

To express your interest in participating in our Lived Experience Advisory Group, please contact Dr. Nicola Barclay on [nicola.barclay@ndcn.ox.ac.uk](mailto:nicola.barclay@ndcn.ox.ac.uk) or call 01865 618663.