



Evidence and
Implementation
Summit 2023
9-11 October

Melbourne, Australia & Online



Behavioural and Implementation
Science Interventions
Yong Loo Lin School of Medicine



Centre for
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#186 - Filling two gaps with one approach: implementing and evaluating lifestyle interventions for mental health

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Objectives/aims

A lifestyle with a lack of physical activity, dietary risks, poor sleep and substance use is more prevalent in people with mental illness and is strongly associated with their disadvantaged mental and physical health compared to people without mental illness. An active and healthy lifestyle can help in the prevention and treatment of mental illness, but implementation in routine care lags behind and access to interventions is often limited for people who need it most. Hybrid effectiveness and implementation studies in representative contexts are highly needed and can help to close the research-to-practice-gap and inherently the health gap. Several groups in Australia and the Netherlands advocate this issue and are continuously working with such research designs and translation of scientific knowledge and experiences into policy for better mental health and recovery.



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Methods

In this panel session we use the format of fishbowl conversations to share experiences and lessons learned from various contexts such as inpatient facilities, organisational and national policy and refugee contexts. Statements on closing gaps and inequalities via hybrid research and policy are used to stimulate discussions and conversations. What are parallel themes for every situation, what can we learn from similarities and differences in these contexts and the context of people in the audience? How can we strengthen each other to improve the mental health of people who need it most?

Main findings

With this format, we aim to inspire people from different backgrounds and contexts who are committed to the same goal of reducing inequalities via (dissemination of) effectiveness and implementation research in mental health and potentially beyond.