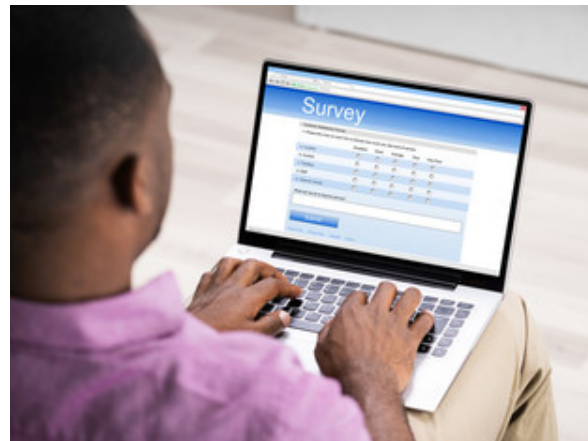


“A huge thank you to everyone who has taken part in the DIMES study since it began just over a year ago. We greatly value the time you have given to respond to the surveys or share your thoughts and experiences in a one-to-one discussion at a challenging time in your life. With your help, the DIMES study is helping us to understand who and how DBI is helping and is already feeding in to improvements in the DBI service.”

Dr Joanne McLean, DIMES Study Lead

WHAT IS THE AIM OF THE DIMES STUDY?

The aim of the DIMES study is to understand your experiences of the Distress Brief Intervention (DBI) service and if DBI was able to help you when and if you experienced thoughts/behaviours of self-harm and suicide.



WHAT IS THE DIMES STUDY?

When you were in contact with DBI you agreed to fill out some surveys over the course of a year. These surveys were to see how you have been doing and what impact DBI had on you.

You may also have agreed to take part in three more in-depth discussions with a researcher over the same period. For those eligible, the three discussions covered the following issues:

- The 1st discussion is for our researchers to get to know you, to learn what brought you to DBI and how you feel about the support you received. Typically, this takes place around 1 month after your contact with DBI.
- The 2nd and 3rd discussions are for our researchers to see how you have been getting on since your last discussion with us. These typically take place between 3-4 months and 1-year since your contact with DBI.



So far, 29 people have taken part in the 1st discussion and 16 in the 2nd. The time is approaching for us to get back in touch with some participants for the 3rd and final discussion. In addition to these discussions 674 people have completed the first DIMES survey.

DIMES LEARNING EVENT

The first DIMES Study Learning Event took place in Perth on November 1st, 2023. Members of the DBI services, including practitioners, managers, members of the DBI Central Team, researchers and representatives from the Scottish Government, gathered to hear and discuss some early findings from the DIMES study.

“Often practitioners will only receive feedback from a few individuals, so it is really important that research like DIMES is able to collect information and feedback from a large number of people as this gives clear evidence of what is working. Thank you for the update and thank you to all the people participating in the study!”

INVOLVING PEOPLE WITH LIVED EXPERIENCE

The DIMES Study Advisory Group (SAG) consists of members with lived experience of getting support from DBI or similar services when experiencing distress. The purpose of the group is to offer insight and help develop materials for the study to make sure the research is carried out sensitively and materials are developed based on lived experience.

“By listening to [people with lived experience of distress] and acting on their perspectives we were able to increase understanding of the gaps in provision and make changes to better nuance some of the language around distress and compassion, reducing the risk of potentially triggering phrases or processes. This can only be achieved through a supportive, collaborative approach to involvement.”

If you are interested in getting involved in the SAG or have any questions, please do get in touch through DIMES@scotcen.org.uk.