

Thank you for your involvement in the DIMES study. We greatly appreciate you offering your time and sharing your experiences so openly with us. For those who are still participating in the study, we hope you will continue to be part of the research as you go on to complete any upcoming surveys and/or interviews. This newsletter is to give you the latest update on the progress of the study.

**A thank you from Professor Rory O'Connor and the DIMES team: [click here](#).**

### **A message of thanks from Joanne McLean, DIMES Study Lead**

“This study will help us understand more about what works in supporting people who are in distress and in need of speedy, compassionate and practical support. We can only find out by asking the people who access DBI to share their experiences with us. I appreciate that taking part in a study like this, at such a difficult time in your life, takes a lot. Thank you for your contribution and for sharing your experiences so openly.”

## **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 you were in distress 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 and, in some cases, take part in interviews, over the course of a year. These were to see how you have been doing and what impact DBI had on you.

We have had a great response to the surveys so far, with hundreds of people who have received support from DBI taking part.

These surveys help us understand what difference, if any, DBI has had on you. We hope you continue to complete these surveys over the year.



As part of the research, we wanted to understand what difference, if any, DBI has had on people with experiences of thoughts and feelings of suicide and/or self-harm. So far, 44 people have taken part in interviews.

## INVOLVING PEOPLE WITH LIVED EXPERIENCE

The DIMES Study Advisory Group (SAG) consists of members with lived experience of accessing 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](mailto:DIMES@scotcen.org.uk).**

## WE WOULD LIKE TO HEAR FROM YOU

It is important to us that participating in our research is a positive experience. We would like to know about your experience of taking part in the DIMES study and any reflections you would like to share with the research team.

If you would like to feedback your thoughts and experiences of taking part in the research or if you have any questions about the study, please contact the research team by email at [DIMES@scotcen.org.uk](mailto:DIMES@scotcen.org.uk).