

## **ABSTRACT FROM THE STAR RESEARCH GRANTS AWARDED (2008)**

**Title: The Efficacy of Nurse-led Healthy Living Programmes for People in Forensic Mental Health Units**

**Lead Investigator: Associate Professor Brian McKenna**

The incidence of chronic conditions, such as type 2 diabetes, cardiovascular and respiratory diseases is higher in people with serious mental illness (SMI) than in the general population. People with SMI are also known to have limited access to physical healthcare. Healthy living programmes have recently been introduced by nurses in forensic mental health units in New Zealand in an attempt to reduce the burden of chronic physical illness for people with SMI. This mixed methods study will investigate the efficacy of two of these programmes as perceived by the facilitators and the service-user participants. Programme implementation and outcomes will be investigated through qualitative interviewing and analysis of qualitative and quantitative data in available records. The study aims to identify principles to guide the development of healthy-living interventions in forensic mental health services. With further research, the principles could be broadened to include healthy living programmes in community and inpatient mental health services.