

How your research can become more inclusive and tackle inequalities

Top tips from a #MentalHealthResearchMatters webinar

Inclusive research

Mental health research should be useful and shine a light on problems that impact our diverse communities, including inequalities.

This means being mindful of how the research is designed, who is in the research team, what is the focus of the study?



See how to create more inclusive research that tackles inequalities.

As researchers, the research that we do can be unequal.



Who it is by? Who it is for?

Stories of those who are being heard

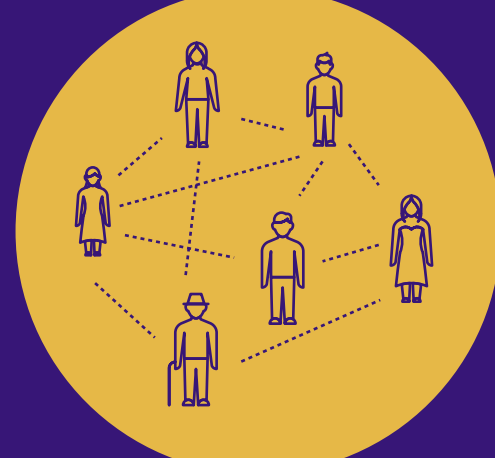
Stories of those who are **not** being heard

As a society we **tend to** treat mental health problems as an individual problem, but we **also** need to address structures.



INDIVIDUALS

AND



STRUCTURAL INEQUALITIES

It's time we pay more attention to structural inequalities and their effects on mental health.

CO-PRODUCTION

Stop doing research

ON

and do research

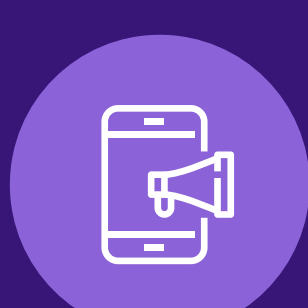
WITH



We shouldn't put **academic knowledge** on a pedestal over **other types of knowledge** – the only way we can do this research properly is to **collaborate with grassroots community organisations, practitioners and people with lived experience** - and to do this early.

By delivering our work in a more inclusive way, involving diverse expertise and experience, the results are more likely to be impactful and useful.

Think about:



How you advertise



How you collect the data



The language you use



How to be culturally sensitive



Educate yourself on inclusivity!

Partner up!

Partner up with non-academic organisations to improve your research and help create change. Think about what you can do for them as well as what they can do for you.



Questions you can ask yourself

- Who's on your team?
- Where did your research questions come from?
- How are you going to reach people?
- Will people trust you and understand your intentions?
- What outcomes are you aiming for? Are they realistic, feasible and honest?

#MentalHealthResearchMatters