



# Contract Opportunity: Lived Experience and Digital Mental Health literature review

## Summary

We are looking to engage one or two Expert Advisors to conduct a review of the qualitative literature and produce a report for Wellcome on: a) the perspectives and priorities of people with lived experience of mental health challenges on digital mental health innovations, and b) the involvement of lived experience experts in the design and development of digital innovations.

This will be a short-term assignment contributing towards advancing [Wellcome's Mental Health Strategy](#).

Contractor Position: 2-5 days per week

Duration: No more than 90 full working days in total (based on a day being 7 hours), completed by either one or two Expert Advisors over a period of up to 6 months. Contractors can work remotely.

## Background

Wellcome is a global charitable foundation. We improve health for everyone by funding science, leading policy and advocacy campaigns, and building partnerships. We plan to spend £16bn over the next ten years, funding new discoveries in life, health, and wellbeing, and taking on three global health challenges: mental health, infectious disease and climate and health. These challenges need the bold science we support, but they won't be solved by science alone.

The Wellcome Mental Health Team includes an international team of lived experience experts who work to shape the design, development and decision-making of the projects and funding programmes we develop. In addition to the knowledge and expertise provided by this team, this scoping piece is being commissioned to ensure our work in strategic or specialist areas of interest is informed by, and making best use of, the breadth of existing lived experience knowledge found in the literature. The findings from this review will feed into a future Wellcome Mental Health funding call.

### Scope of work

Wellcome's Mental Health team seek to engage up to two Expert Advisors, on a paid consultancy basis, to work together to produce a report reviewing the qualitative literature. This should include the following:

1. A narrative summary of the perspectives and priorities of people with lived experience on digital mental health solutions including, but not limited to, the acceptability of digital mental health solutions; factors that influence uptake and sustained engagement, ethical concerns, perceived or actual risks and harm; data protection, access and governance; and the priorities for the development of digital mental health solutions.
2. A narrative summary exploring approaches to and variation in how people with lived experience are involved in the prioritisation, design, development and/or evaluation of digital mental health solutions.

In reviewing the literature on Lived Experience, we understand digital Mental Health Solutions may include:

- Diagnostics that can use a variety of data (such as sensors or questionnaires) to accurately diagnose mental health conditions, and monitoring and prognostic tools to predict relapse or worsening of symptoms.
- Triaging tools to filter people seeking mental health treatment or guidance into appropriate care pathways
- Therapeutics that provide effective treatments for mental health conditions, either as standalone digital products (such as apps, programmes, games) or through a therapist-monitored or -guided model of care.

### Deliverables and activities

The deliverables of this work will include:

- An inception report to be delivered within 3 weeks of the position/s commencing. This should confirm the detailed scope of the work, including any recommendations for additional themes or topics to be included and the proposed methodology for undertaking the review. This includes the detailed search strategy exclusions/inclusions, and analytical plan with justifications, as well as proposed timelines including any key milestones.
- A final report produced jointly by the Expert Advisor(s). This report should:
  - Include a detailed analysis of the literature on the perspectives and priorities of people with lived experience on digital mental health solutions including, but not limited to, the acceptability of digital mental health solutions; factors that influence uptake and sustained engagement; ethical concerns, perceived or actual risks and harm; data protection, access and governance; and the priorities for the development of digital innovations in mental health and within the remit of the [Wellcome Mental health strategy](#). Analysis should consider and clearly outline limitations of the existing literature in approaches, methods, and applicability in the context of Wellcome's strategy.
  - Include an analysis/overview of how people with lived experience are involved in the prioritisation, design, development and/or evaluation of digital mental health solutions.
  - This work may involve a small number of consultations/discussions if deemed appropriate.

- In designing the structure of the review and the report, the advisor(s) will work with the Wellcome team to agree a clear scope and framework for considering findings.

The main activities to undertake will include:

- Conduct a review – with the exact approach to be proposed and justified by the expert advisor(s) and agreed with the Wellcome team – of the qualitative and experiential literature, broadly defined, to include academic publications, market research, and grey literature sources.
- Stakeholder interviews and expert consultations, if appropriate. The format and list of stakeholders to be interviewed would need to be agreed with Wellcome.
- Attending regular meetings (at least fortnightly) with the Wellcome team, either online or in person
- Submission of a final report and providing an overview presentation to Wellcome at the end of the project. For the final report, we expect a page count of approximately 30 and expect the presentation to contain 20 slides, however this will be agreed during the inception report stage.

We are undertaking this activity in parallel with other scoping activities in the field of digital mental health. The Expert Advisor(s) may be asked to link findings with our wider activities and/or consider these issues or themes in their scoping.

The Expert Advisor(s) will complete these activities in collaboration with one another and with the Mental Health Field Building and Lived Experience Teams. They will provide their services for up to five months, including no more than 90 full working days (7 hours/day) in total, which could be undertaken by one individual or split between two separate individuals. The work is expected to begin by the end of July 2023 and be completed no later than January 2024.

Wellcome will pay a fixed fee of £700 per day (with a day being 7 hours).

#### What we are looking for and expressing interest

We are looking for individuals who have relevant expertise in lived experience collaboration and digital mental health interventions with strong written communication and information synthesis skills. They should have access to the relevant literature and demonstrate the necessary experience and expertise to design and conduct a rigorous literature review. We welcome consultants with diverse experience, and do not require consultants to be based at an academic institution. Applicants can be based anywhere in the world (NB we cannot contract to any countries on the UK Government financial sanctions list)

If you are interested, please send a short expression of interest by email (attaching CV) to Kate Martin, Head of Lived Experience: [k.martin@wellcome.org](mailto:k.martin@wellcome.org) by midnight London time (GMT+1) on Friday the 14th of July 2023. The selection process will take place in July, and you may be invited to a 45-minute online meeting with three Wellcome team members, including a lived experience consultant. This process will be run by the Mental Health Field Building and Lived Experience teams at Wellcome.

The outcome of this project may inform the remit of future funding calls. Please note that if your activity as an Expert Advisor directly informs a call, you will not be able to apply to that funding call.

We want to make sure everything we do – and everyone who works with us – upholds these principles. Our intention is to work with kindness and consideration and to value the wellbeing of everyone involved in the collaboration. If you require any reasonable adjustments during the process, please contact us at [k.martin@wellcome.org](mailto:k.martin@wellcome.org).