

Table 1a: Statements included in consensus regarding priorities and preferences (contd.)

Statement	Stage Included	Essential %	Important %	Do not know / depends %	Unimportant %	Not required %
A: 'What I most want help with'						
feeling paranoid	2	57.7	23.1	11.5	0.0	7.7
Stress	2	55.2	27.6	10.3	3.4	3.4
anxiety or feeling nervous	2	48.3	35.4	10.3	3.4	3.4
feeling confused or unable to control my thoughts	2	32.1	53.6	3.6	0.0	10.7
concentration or memory problems	2	24.1	58.6	10.3	3.4	3.4
B: 'What I want for the long-term'						
understand my psychological problems	2	62.1	31.0	0.0	3.4	3.4
learn to cope with ongoing 'unusual psychological experiences'	2	48.3	34.5	6.9	3.4	6.9
improve my emotional wellbeing	2	37.9	51.7	3.4	3.4	3.4
improve my energy and motivation	2	27.6	55.2	10.3	3.4	3.4
feel better about myself	2	24.1	58.6	13.8	0.0	3.4
improve my concentration and memory	2	20.7	62.1	3.4	6.9	6.9
remain out of hospital (for my mental health issues)	3	27.8	55.6	11.1	0.0	5.6
C: 'What I would prefer when I						

receive mental health help'						
offer help based on my individual problems (rather than help based on a clinical 'diagnosis')	2	66.7	18.5	14.8	0.0	0.0
inform me about different types of help available	2	60.7	32.1	7.1	0.0	0.0
allow me to play a part in making decisions about what kind of help is best for me	2	60.7	28.6	7.1	3.6	0.0
D: 'What I prefer when meeting with mental health staff	2					
in private (between myself and staff)	3	55.6	33.3	5.6	0.0	5.6
offer help that's appropriate for different age-groups	2	40.7	40.7	11.1	0.0	7.4

Table 2: Participant characteristics

Personal characteristics	Stage 2, n =32	Stage 3, n = 21
Age		
16 – 19	6.3%	5.0%
20 – 29	28.1%	30.0%
30 – 39	31.3%	25.0%
40 – 49	21.9%	20.0%
50 – 59	6.3%	15.0%
60 or older	6.3%	5.0%

Gender		
Male	50%	55%
Female	50%	45%
'I've been in contact with mental health services for...'		
less than one year	6.3%	10.0%
1 to 2 years	6.3%	10.0%
2 to 4 years	28.1%	35.0%
5 to 10 years	12.5%	10.0%
10 to 20 years	34.4%	25.0%
more than 20 years	12.5%	10.0%
'Mental health services call my difficulties...'		
Psychosis	44.0%	42.9%
Schizophrenia	40.0%	50.0%
Bipolar disorder, Schizoaffective disorder, Other	16.0% [n=10]	7.1% [n=7]

Table 3: Statements not included in final consensus

A: 'What I most want help with'	Essential %	Important %	Do not know / Depends %	Unimportant %	Not required %	<i>Stage Excluded</i>
2. depression	44.8	27.6	13.8	3.4	10.3	3
4. anger	20.7	27.6	17.2	17.2	17.2	2
5. lack of emotional	24.1	44.8	20.7	0	10.3	3

feeling						
6. hearing something other people don't, such as a noise or voice	41.4	13.8	17.2	10.3	17.2	2
7. seeing things that others don't see	24.1	27.6	20.7	10.3	17.2	2
9. thinking things that others might think are unusual, such as 'I'm special' or 'there's a conspiracy'	41.4	34.5	10.3	6.9	6.9	3
11. feeling tired or unmotivated	31.0	44.8	20.7	0 0	3.4	3
12. difficulty sleeping	34.5	44.8	13.8	0	6.9	3
14. spending less time on my own	24.1	34.5	13.8	17.2	10.3	2
15. improving my relationships with others	24.1	44.8	17.2	0	13.8	2
16. self-confidence or self-esteem	27.6	48.3	10.3	6.9	6.9	3
17. hurting myself	27.6	13.8	20.7	3.4	34.5	2
18. thoughts of taking my own	53.6	14.3	10.7	3.6	17.9	2

life						
19. alcohol or drug use	24.1	13.8	10.3	10.3	41.4	2
20. side-effects of psychiatric medication	51.7	24.1	3.4	6.9	13.8	3
B: 'What I want for the long-term'						
6. stop having any 'unusual psychological experiences' (such as hearing something or having 'unusual' thoughts that others don't)	41.4	24.1	20.7	10.3	3.4	2
7. improve my social life and relationships with others	13.8	44.8	20.7	13.8	6.9	2
9. feel more hopeful about my future	27.6	51.7	13.8	3.4	3.4	3
11. no longer take medication (for my mental health issues)	17.2	20.7	41.4	13.8	6.9	2
12. no longer need help from mental health services	17.2	27.6	44.8	6.9	3.4	2
13. physical	27.6	44.8	10.3	6.9	10.3	3

health problems						
14. improving my financial situation	20.7	34.5	24.1	10.3	10.3	2
15. improving my housing situation	17.2	31.0	20.7	6.9	24.1	2
16. continuing or re-starting my education	25.0	25.0	25.0	10.7	14.3	2
17. starting or continuing employment	21.4	39.3	25.0	0	14.3	2
18. physical activities, hobbies and interests	20.7	41.4	27.6	0	10.3	2
C: 'What I would prefer when I receive mental health help'						
1. medication	39.3	25.0	17.9	3.6	14.3	2
2. meetings with a counsellor or therapist	64.3	14.3	14.3	0	7.1	3
3. time in hospital	14.8	11.1	44.4	11.1	18.5	2
4. focus on my 'unusual psychological experiences' (such as hearing something, or	40.7	22.2	25.9	3.7	7.4	2

having 'unusual' or thoughts)						
5. focus on other issues (such as depression, anxiety, or other personal problems)	48.1	29.6	18.5	0	3.7	3
6. discuss my issues with me in medical language (using words such as 'mental illness' or 'diagnosis')	3.7	25.9	33.3	22.2	14.8	2
7. discuss my issues with me in 'everyday' language that I use	42.3	34.6	11.5	3.8	7.7	3
8. give me a clinical diagnosis for my psychological issues (such as 'psychosis')	33.3	29.6	25.9	7.4	3.7	2
D: 'What I prefer when meeting with mental health staff'						
1. and include members of my family	14.8	37.0	29.6	11.1	7.4	2

2. in a group with other people who have similar psychological experiences or difficulties	11.1	33.3	33.3	3.7	18.5	2
4. for brief appointments (half an hour or less)	7.4	33.3	40.7	11.1	7.4	2
5. for longer meetings (up to an hour or more)	14.8	48.1	29.6	3.7	3.7	2
6. frequently (for example, once a week or more)	18.5	25.9	48.1	0	7.4	2
7. infrequently (for example, once a month)	7.4	25.9	40.7	3.7	22.2	2
8. in mental health premises (where psychiatrists or psychologists are based)	7.7	23.1	42.3	11.5	15.4	2
9. in other places (such as my GP's surgery or my home)	11.1	25.9	55.6	3.7	3.7	2
10. over the phone or online (for example	11.1	22.2	48.1	11.1	7.4	2

with emails)						
12. offer the choice to speak to either male or female staff (when possible)	40.7	37.0	11.1	7.4	3.7	3
13. offer the choice to speak to staff from different ethnic or cultural backgrounds	14.8	29.6	18.5	14.8	22.2	2
14. include people in their teams who've also had psychological difficulties	29.6	40.7	18.5	3.7	7.4	3
15. make it possible for me to meet others with similar psychological difficulties	14.8	40.7	25.9	3.7	14.8	2