

Mind Australia Research and Evaluation Committee

Final Project Report

- Mind Australia's Research and Evaluation Committee's (Committee) approval for the project is built on the expectation that a final project report is submitted by the Principal Researcher (or delegate) to the Committee.
- All sections (A, B and C) and all applicable questions are expected to be completed.
- Please email your final project report and any attachments to research@mind.org.au
- The Committee would appreciate receiving permission to post findings and publications on the Mind website <http://www.mindaustralia.org.au/about-mind/research.html>

A. Project Details

1.	Project title	Caring for people diagnosed with bipolar/substance use disorders: informal carers' lived experiences
2.	What were the project's objectives?	The objective was to gain an understanding of the lived experience of family/partners and friends who are a source of informal support to people who have concurrent bipolar and substance use disorders.
3.	Date the project was completed/report submitted? Date the final project report approved?	Date: The research project was carried out as part of a Masters Degree completed in 2016 by Zoe Gruneska under the supervision of Dr Lesley Berk and Associate Professor Tess Knight at Deakin University. No publications have been written at this stage. As a result of the project findings about the need for information, we hope to add an information resource to www.bipolarcaregivers.org in the future. Date:
4.	Research coordinator / contact person	Name: Dr Lesley Berk Email: l.berk@deakin.edu.au Phone: 0402518843 Postal address: IMPACT SRC School of Medicine, Deakin University HERB Level 3 (Barwon Health) PO Box 281 Geelong VIC 3220

B. Summary of Findings

1.	Mind/VICSERV Colloquium Series	a) Have you presented the project/findings at a Mind/VICSERV colloquium? I presented the project to MIND in August 2015 but not the final findings. In accordance with the plain language statement these have been posted on www.bipolarcaregivers.org .
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		<p>b) If not, do you plan to do so in the future? Possibly once we have had a chance to develop the information resource with strategies for carers of people with these comorbidities.</p> <p>c) If yes, <i>please identify the month you are considering doing so.</i></p> <p>d) If you would like more information about the Colloquium Series and/or to discuss a potential presentation with a Mind representative please indicate by deleting Yes/No (<i>as appropriate</i>)</p> <ul style="list-style-type: none"> ➤ More information: Yes/No (<i>delete as appropriate</i>) ➤ Discuss presentation: Yes/No (<i>delete as appropriate</i>)
2.	Other project presentations	<p>If applicable, please identify other presentations/conferences at which the project/findings have been presented. <i>List below (providing name and date of the event):</i> N/A</p> <p>With respect to the project, what presentation/conference plans are scheduled/being considered for the coming 12 months? N/A <i>Please list below (providing name and date of the forthcoming event/s):</i></p>
3.	What were the project's findings?	<p>Please provide details of the project's findings, and a comment as to whether they are significant. Also provide details of any unexpected findings.</p> <p>Please see attachment.</p> <p><i>It would be appreciated if the findings were presented in a way that facilitates them being accessible to people who do not have a research background.</i></p>
4.	Who will be the main beneficiaries, and how has this project contributed to building knowledge/ understanding in the area of investigation?	<p>Please provide details (and/or attached results): Please see attached results. As a result of the findings, Zoe and I hope to develop an information resource for carers of people with these dual diagnoses that is easily accessible on the www.bipolarcaregivers.org website.</p>
5.	Has this project pointed to areas requiring further investigation?	<p>Please elaborate. Yes. This project highlights the need for more research to better consider the needs and resources available to informal carers of people with both bipolar disorder and alcohol and other drug related problems. It also highlights the importance of enhancing dual diagnosis education and related services.</p>
6.	Have/will the project's findings been published?	<p>Please elaborate. At this stage we do not have plans for publications as we are focusing on developing an information resource for carers in response to our findings. Meanwhile the project findings are available on the www.bipolarcaregivers.org website.</p> <p><i>If published, please list publication/s:</i> <i>If intend to publish, where? When?</i></p>
	Does the Committee have	

	the study's permission to publish the findings on the Mind website?	Yes/No (<i>delete as appropriate</i>) If No, please provide reasons.
7.	If participants were recruited, have they been provided information about the study's findings? How? When?	Please respond to the question and provide the required detail including whether a plain language version of the findings was made available. Yes, in Dec 2016 the findings were placed on the website www.bipolarcaregivers.org in accordance with the information and consent form. See http://www.bipolarcaregivers.org/feedback .
8.	Storage of data	Is the project's data being stored as per the Ethics approval received? If not, please comment. Yes

C. Feedback to the Mind Research and Evaluation Committee

1.	Initial interaction	Was the information provided in response to your application useful? Yes
2.	Ongoing communications	Did you find the Committee's communications with the project (beyond the response to your application) beneficial? Please elaborate? n/a
3.	Improvement	Are there any suggestions for improvement you wish to provide to the Committee? No

Thank you