

# Optimising self-management interventions for people experiencing socioeconomic disadvantage: learning from an osteoarthritis peer mentorship project

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## 1 Purpose



People experiencing socioeconomic disadvantage face health inequities, such as an increased risk of long-term conditions and barriers to self-managing their conditions [1, 2].



We recently developed and evaluated an osteoarthritis peer mentorship intervention with and for people experiencing socioeconomic disadvantage [3, 4].



The aim of this poster is to share our learning about optimising self-management interventions for people experiencing socioeconomic disadvantage.

## 2 Methods

Developing the intervention

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Training peer mentors

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Mixed methods process evaluation (13 peer mentors mentored 30 participants)

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Two stakeholder discussion forums to explore how to put the intervention into practice

## 3 Results

– lessons learned about optimising self-management interventions for people experiencing socioeconomic disadvantage

### Recruitment approaches

- Use community ambassadors and diverse imagery.
- Explain what socioeconomic disadvantage means.
- Address concerns about interventions e.g., taking part may affect people's receipt of welfare benefits.

### Intervention content

- Offer relevant, accessible and inclusive resources.
- Ensure recommended actions are not costly.
- Make the content appropriate for diverse cultures.
- Enable the content to be individually tailored.

### Intervention delivery

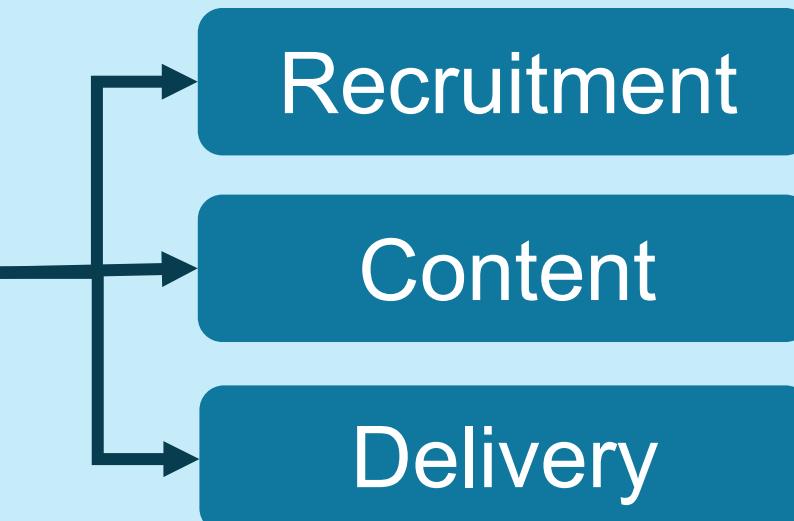
- Train peers to deliver interventions.
- Offer support where needed e.g., digital support.
- Maximise flexibility with the timing of delivery.
- Offer interventions alongside other health services.

"The best thing I got out of this was speaking to [peer mentor] because she knows what it's like. [...] She's got the personal knowledge which I think is 100% better than speaking to someone who's just got the textbook."

Mentee interviewed after receiving the peer mentorship intervention

## 4 Conclusion

Key areas to consider to optimise self-management interventions for people experiencing socioeconomic disadvantage



Our lessons learned were developed in a single project. Future work is needed to explore their transferability to other interventions and contexts.

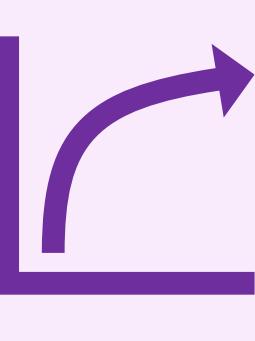


For references, more information and feedback options, please scan the QR code or contact Anna Anderson via [A.Anderson@leeds.ac.uk](mailto:A.Anderson@leeds.ac.uk). Registration: ISRCTN78088278. Ethical approval : 23/WM/0108.

Our lessons learned could help inform self-management interventions for people experiencing socioeconomic disadvantage in future research and the real world.

This could ultimately help to:

- improve the health and wellbeing of people experiencing socioeconomic disadvantage
- tackle health inequities.



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