

# PEGASUS co-design: working together to learn what matters in improving cardiometabolic health for people living with severe mental illness

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## Introduction

PEGASUS is a NIHR-funded multi-site, multi-focused, peer-led research co-designed programme aiming to improve cardiometabolic health in people diagnosed with severe mental illness (SMI) through peer support. The PEGASUS core team comprises lived-experience researchers and the programme is supported by a strong and diverse Lived Experience Advisory Group (LEAG).

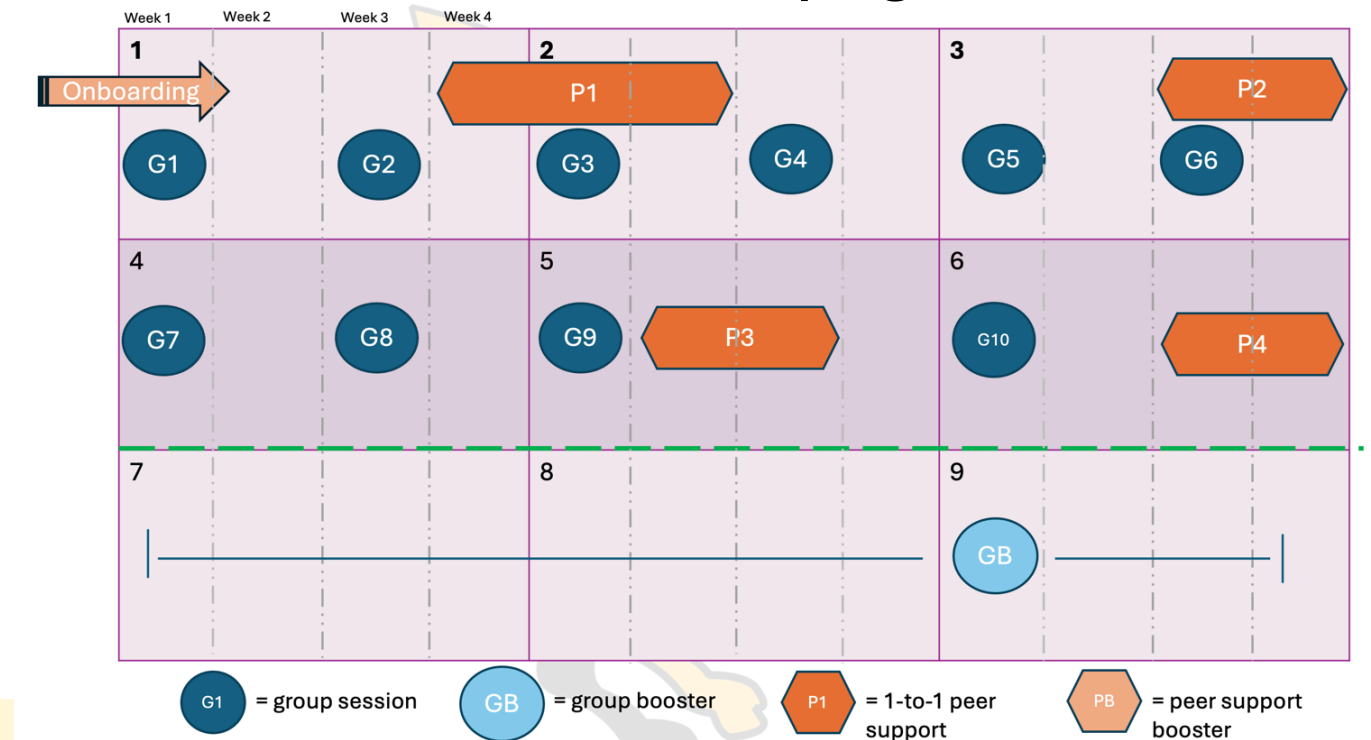
## Methods

To ensure the voices of people living with SMI were not only heard but central to the development of PEGASUS's values and core components, we used a participatory method to guide the intervention co-design work. We held three co-production workshops including peer support workers, people with lived experience, and healthcare professionals across four mental health care trusts. Prior research evidence synthesised from a systematic review and qualitative data from people living with SMI and physical health concerns collated through focus groups were presented to the co-designers to inform their work. The group worked through nominal card-sorting and iterative discussions over nine months to co-produce the PEGASUS intervention.

## Results

The resulting insight has positively shaped the intervention design and facilitation strategies, session structure, timing, and components to improve attendance, acceptability, and efficacy. Specific inputs from Equity, Diversity, and Inclusion experts, the LEAG and the wider multi-disciplinary professionals were sought in reviewing and further developing the intervention and training manual.

## The co-designed schedule for sessions in the 6 month PEGASUS programme

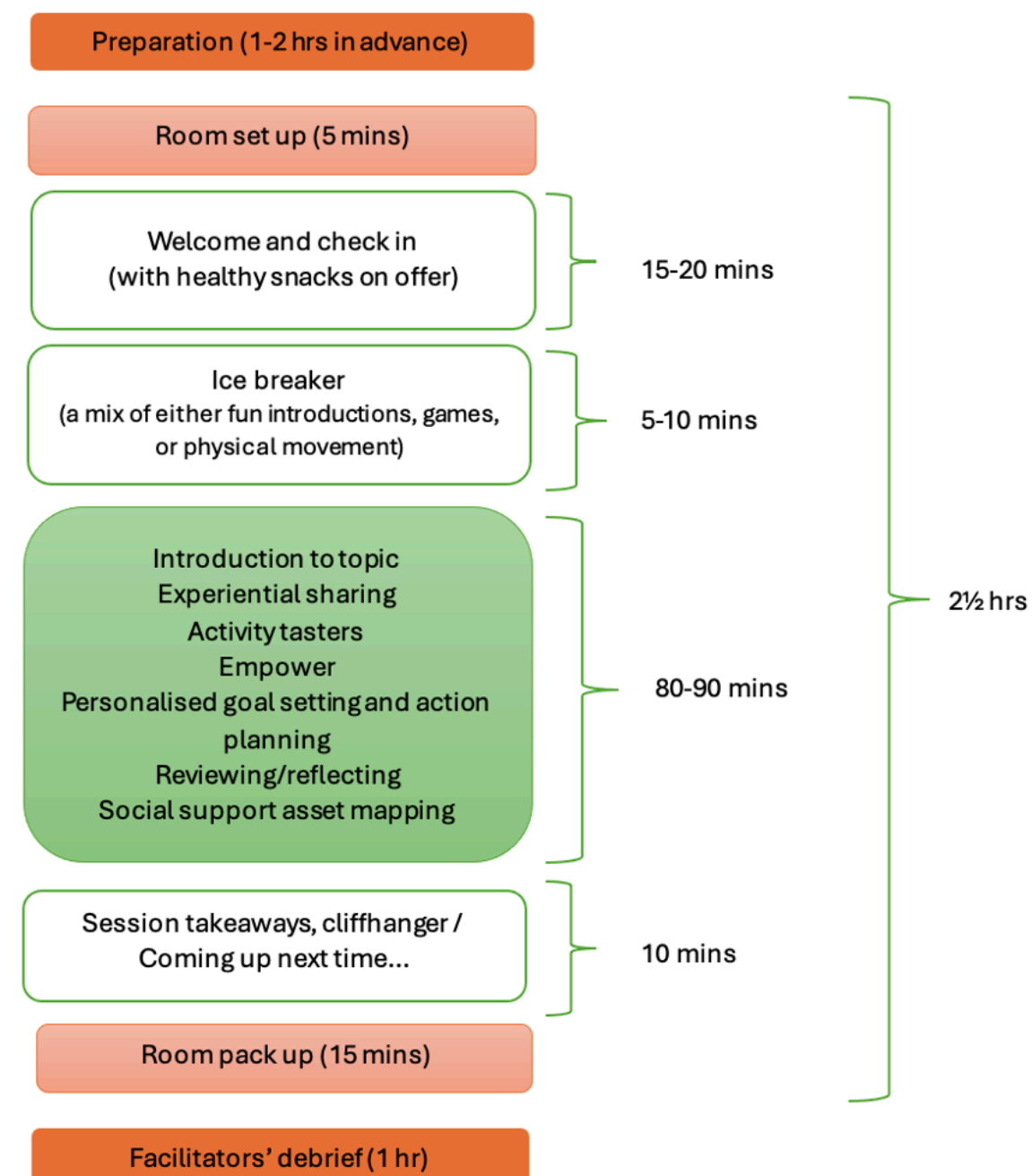


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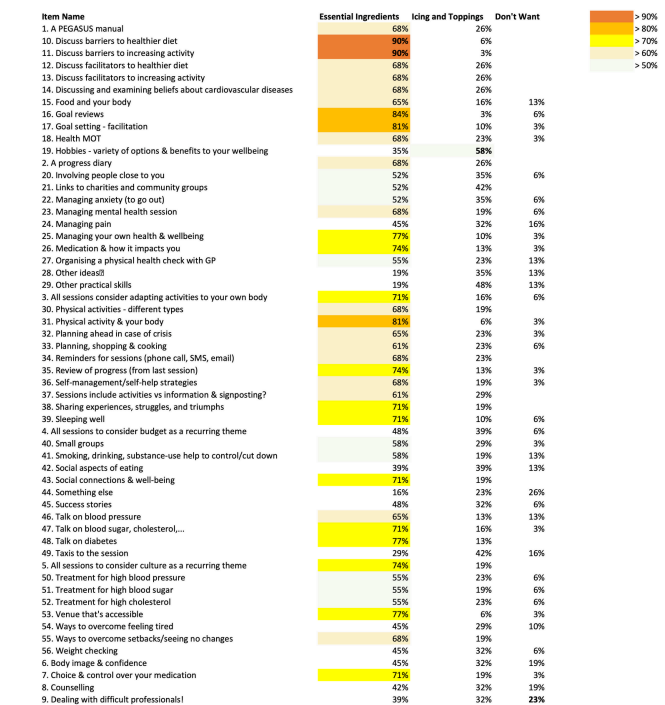
## The values and key components were compiled from the co-design discussions



## The structure of a typical PEGASUS session as co-designed



## Elements to include in PEGASUS sessions were first prioritised using a card sorting process



## Conclusion

The PEGASUS intervention is currently tested in a multi-site feasibility study. We plan to refine the intervention further utilising the experiences and learning from those who led and participated in the study. Our team is working towards publishing a methodology paper documenting our learning.



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