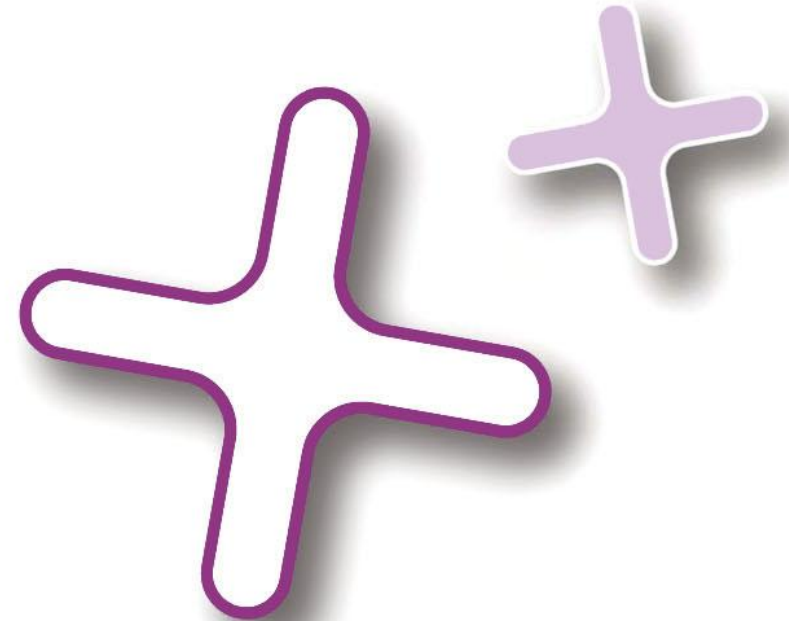
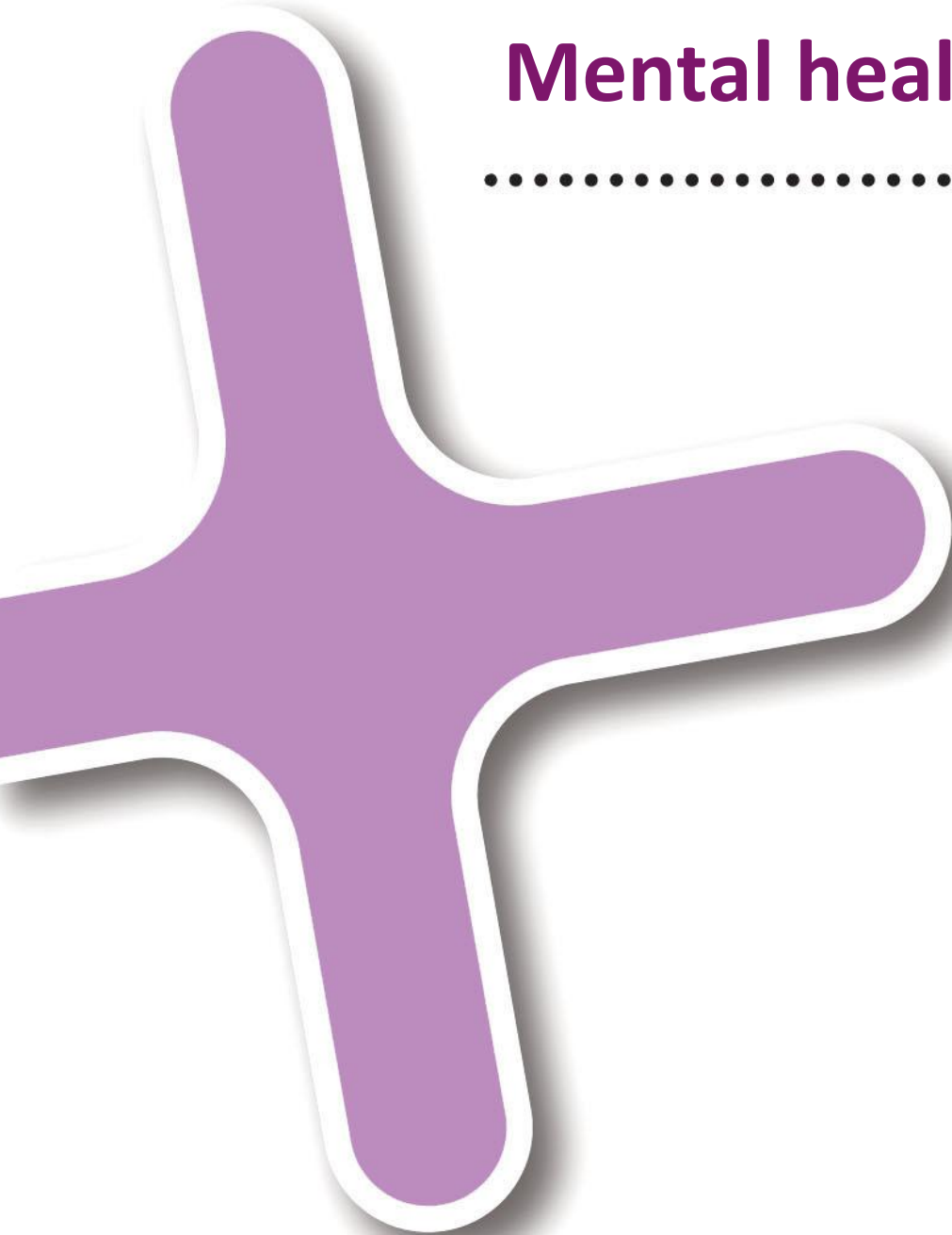


Mental health

Research summary 9

A list of key findings from research studies and evaluations that show the positive impact of mentoring and befriending



A list of key findings from research studies and evaluations that show the positive impact of mentoring and befriending

Intervention	Research details with main findings <i>The findings below are those that relate to mentoring and befriending only. For complete research findings please read the full studies</i>
Befriending (<i>depression and emotional distress</i>)	<p>Effects of befriending on depressive symptoms and distress: systematic review and meta-analysis</p> <p>This research study aimed to examine the effectiveness of befriending in the treatment of emotional distress and depressive symptoms. The background was: high rates of emotional distress and depressive symptoms in the community can reflect difficult life events and social circumstances. There is a need for appropriate, low-cost, non-medical interventions for many individuals. Befriending is an emotional support intervention commonly offered by the voluntary sector</p> <p>Findings:</p> <ul style="list-style-type: none"> • Compared with usual care or no treatment, befriending had a modest but significant effect on depressive symptoms and emotional distress in the short term in varied patient groups. Further exploration of active ingredients, appropriate target populations and optimal methods of delivery is required. <p><i>Source:</i> Nicola Mead, Helen Lester, Carolyn Chew-Graham, Linda Gask, NIHR School for Primary Care Research, and Peter Bower, National Primary Care Research and Development Centre. University of Manchester. <i>The British Journal of Psychiatry</i> (2010) 196: 96-101</p> <p><i>Sample:</i> Systematic review of randomised trials of interventions focused on providing emotional support to individuals in the community</p> <p><i>Article abstract:</i> http://bjp.rcpsych.org/cgi/content/abstract/196/2/96#</p>



<p>Mentoring and befriending (<i>volunteering by people with mental illness</i>)</p>	<p>Mental health, volunteering and social inclusion A report underlining how volunteering can help improve the health of people living with mental illness following two independent research studies into schemes based in London (Capital Volunteering) and Nottinghamshire (Notts Healthcare Trust)</p> <ul style="list-style-type: none"> • Quotes and case studies from volunteer mentors and befrienders included <p>Source: CSV Reports On, No 19, 2008 Report: www.supportedvolunteering.org/files/CSV_Reports_on_19_Final_PDF.pdf</p>
<p>Befriending</p>	<p>Volunteering at Rampton Hospital Report introducing the findings of service evaluation of volunteering within Nottinghamshire Healthcare NHS Trust and focused on volunteer befrienders at Rampton Hospital.</p> <ul style="list-style-type: none"> • Patients felt that the befrienders let to them feeling more included and less alone • All patients agreed that the befrienders helped them maintain contact with the outside world • All the patients felt better knowing that people care enough to give up their time to help them • There was a perception that because befrienders are volunteers and outside of the system, they are easier to talk to and to trust • It was felt by some paid staff that being matched to a befriender improved patients' self esteem and confidence • For some patients, the befriending service may help prepare them for a return to the community <p>Source: Simon Teasdale, Institute for Volunteering Research, 2007 Report: www.volunteering.org.uk/NR/ronlyres/91398268-8C8B-4B70-8367-CE032C0CEB12/0/Volunteering_at_Rampton_Hospital.pdf</p>



<p>Mentoring and befriending (young British Muslims)</p>	<p>Providing Faith and Culturally Sensitive Support Services to Young British Muslims Report of a research project that highlights the sociological and psychological issues facing young British Muslims and their impact on the mental health of this sector of society. The Muslim Youth Helpline offers mentoring and befriending as part of its faith sensitive service delivery</p> <p><i>Source:</i> Rabia Malik et al; National Youth Agency / Muslim Youth Helpline, 2007 <i>Report:</i> www.nya.org.uk/shared_asp_files/GFSR.asp?NodeID=110430</p>
<p>Befriending (people with schizophrenia)</p>	<p>Befriending patients with medication-resistant schizophrenia: can psychotic symptoms predict treatment response? The aim of this study was to establish if baseline delusions or hallucinations are associated with changes in overall symptoms in patients who received a befriending intervention. The results help to determine which patients would benefit from supportive interventions.</p> <p><i>Source:</i> N Samaraskera et al; Psychology and Psychotherapy: Theory, Research and Practice, 80, p97-106, 2007 <i>Sample:</i> Study undertaken with 44 patients in Newcastle upon Tyne <i>Report:</i> www.ingentaconnect.com/content/bpsoc/paptrap/2007/00000080/00000001/art00007</p>
<p>Befriending (South Asian women – domestic violence and mental health)</p>	<p>Oppressed voices – understanding the effects of domestic violence for South Asian women Summary of a report studying the mental health needs of South Asian women in West Kent and the impact that domestic violence has on their lives. Rethink Sahayak is a South Asian, BME specific service and Rethink is a national mental health charity</p> <ul style="list-style-type: none"> • 55%, which is just over half our sample, had suffered a form of domestic abuse • Difficulties in sleeping, concentration, and anxiety, mood swings were common features. These seem to show that there is a definite impact on the mental health of the individual suffering and also that participants had an understanding of what their mental state was like, under distress



	<ul style="list-style-type: none"> • Report recommends peer support and peer (general) advocacy services (culturally appropriate) • The women identified supports they would have liked when dealing with mental health problems befriending was one of the supports identified (although not the highest requested) <p><i>Source:</i> Rethink , 2006 <i>Sample:</i> 60 questionnaires; 2 semi-structured interviews (one with service provider, one with user); focus group with elderly members of the community conducted <i>Report:</i> www.mentalhealthshop.org/products/rethink_publications/oppressed_voices.html</p>
<p>Befriending (neighbourhood)</p>	<p>Promoting Positive Mental Health through Befriending</p> <p>This paper provides a profile of a voluntary sector neighbourhood befriending service which arose in response to an unmet need within a local community. The origins and development of the service are discussed in the context of the local socioeconomic conditions which prevailed at the time. The discussion includes a consideration of befriending as an international and national movement, and an overview of concepts relevant to the nature and the enterprise of befriending.</p> <ul style="list-style-type: none"> • A brief review illustrates the emerging evidence on befriending, highlighting its potential as a significant health-promoting intervention in health and social care. The service is set within the national policy framework, and the future prospects for befriending as a significant intervention are explored through a discussion of its relationship to the development of social capital and health gain in local communities <p><i>Source:</i> The International Journal of Mental Health Promotion, Vol 5, No 2, May 2003, pp12-24. Authors: B McGowan, C Jowett</p>
<p>Befriending (women with chronic depression)</p>	<p>Befriending led to a higher frequency of overall remission in women with chronic depression</p> <p>Article about a study that evaluated befriending in women with chronic depression to see if volunteer befriending improved symptoms and increased recovery.</p>



	<ul style="list-style-type: none"> The conclusion was that befriending led to a higher frequency of overall remission in women with chronic depression <p><i>Source:</i> T Harris, G W Brown and R Robinson, 'Evidence-Based Mental Health', Vol 2, No 3, August 1999 <i>Sample:</i> 86 patients in Islington, London, aged 25-40</p>
<p>Mentoring (young people - depression)</p>	<p>Positive Support: Mentoring and Depression Among High-Risk Youth A USA study examining benefits of matching high-risk youth with faith-based mentors in the National Faith Based Initiative.</p> <ul style="list-style-type: none"> Found that mentored youth were less likely to show signs of depression than the youth not matched with a mentor <p><i>Source:</i> Shawn Bauldry, Public Private Ventures, USA, 2006 <i>Report:</i> www.ppv.org/ppv/publications/assets/202_publication.pdf</p>
<p>Distance befriending (email, letter, telephone - adults with mental health needs)</p>	<p>Befriending at a distance – a research evaluation of a pilot distance befriending service for adults with mental health needs Summary of an evaluation of a distance befriending service for people in the Scottish Highlands. The service was piloted by Befriender Highland Limited and offered befriending by email, letter and telephone to those with mental health needs who were unable to access face-to-face befriending because they live in rural or remote areas or have difficulty leaving their homes</p> <ul style="list-style-type: none"> Recommendations were to consider extending the scheme <p><i>Source:</i> Jean Gordon, Anne Mason; University of Stirling, Scotland 2005</p>



<p>Befriending (long term mental illness)</p>	<p>Is befriending by trained volunteers of value to people suffering from long-term mental illness?</p> <p>People who suffer from long term mental illness may be vulnerable to loneliness and isolation when living in community settings. Befriending by volunteers may be an effective way of combating such problems and helping clients to develop social networks. Findings of a small scale project to evaluate the views of people suffering from long term mental illness of an organised befriending scheme.</p> <ul style="list-style-type: none"> • All subjects felt befriending was helpful to them • 67% thought it had improved their confidence when in social situations <p><i>Source:</i> T Bradshaw, G Haddock, 'Journal of Advanced Nursing', 27 (4) 1998, p713-720 <i>Sample:</i> 9 people who suffer from severe mental illness were interviewed</p>
<p>Peer support (mental health)</p>	<p>An investigation into Drop-Ins – exploring the impact of peer support on mental health</p> <p>Taken from the findings of the 'Strategies for Living' project, this publication is based on the research done by people who have been users of mental health services and aimed to research how peer support might benefit people in a mental health drop-in setting.</p> <ul style="list-style-type: none"> • Peer support emerged as the main contributor to the psychological wellbeing of drop-in users with 82% indicating that the peer support they were able to grant each other was the main reason for their continued attendance • Wellbeing was manifested by forming friendships which extended beyond the drop-in, improved confidence and self-esteem, improved communication, reduced isolation • The support people offered and received from one another was the primary factor affecting the improvement and stability of drop-in users' mental health • 48% stated that the drop-in lessened isolation, while 34% said they felt so much more confident since using the drop-in that they were now able to offer more help and support to other people



	<p><i>Source:</i> Gillian Malpas, Jonathan Weekes; The Mental Health Foundation, 2001; ISBN: 1-90-364507-7 <i>Sample:</i> 17 interviews with users <i>Report:</i> www.mentalhealth.org.uk/publications/?entryid5=38698&char=I (link to where you can obtain)</p>
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Research summary 3 - Older people

Research summary 4 – Disabled people

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