



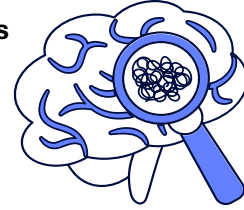
Lived Experience Advisory Panel for project on Worry and Rumination Role Description

Overview

We are seeking to recruit individuals to join a **Lived Experience Advisory Panel (LEAP)** for a **research project on worry and rumination**. Members' personal experiences of worry and/or rumination will be used to help inform project decision-making. They will help ensure that the research is meaningful, relevant, and grounded in real-world experience.

The project

The overall goal of the project is to understand **how brain processes lead to symptoms of rumination and worry**. This will be used as a step towards targeted treatments. The project is 5-years long and is made up of sub-studies that will include **brain stimulation techniques, cognitive tasks, and computational analysis**. These will be used to assess brain mechanisms involved in worry and rumination.



The purpose of this role is to **provide lived experience perspectives** on multiple aspects the project. Contributions will be in multiple areas of the research process. This includes (but is not limited to): shaping diverse and inclusive recruitment strategies, reviewing and co-developing engaging and accessible study materials, advising on decisions about methods used & usability of study tasks, and supporting the distribution of results.

The LEAP will also contribute to 3 main areas of the project:

- **Psycho-educational package**
Develop accessible resources for individuals experiencing symptoms explaining how symptoms arise and methods for better symptom management.
- **Best practice guide**
Co-production of a practical "how-to" guide for embedding lived experience within research, specifically for computational neuroscience.
- **Intervention feedback**
Providing feedback and insights related to treatment interventions (e.g. brain stimulation, cognitive training), including identifying barriers, opportunities, and priorities.

Who are we looking for?

We are looking for 8 people with **current or past lived experience** of what it's like to get stuck in loops of **worry and/or rumination** (e.g. such as during a period of depression and/or anxiety).

You don't need to have any specialist scientific knowledge, but we're keen to work with people who are **enthusiastic about the research** we do (described above).

We want to **reflect diverse perspectives** and are keen to include individuals from groups who may not often be reflected within research.

We also expect the group members to have:

- A willingness to engage in **meaningful collaboration** and sharing of ideas, perspectives, and feedback
- **Respectful communication**, recognising that diverse viewpoints are valuable (i.e. disagreements should remain constructive and focused on ideas, not individuals)

Time commitment

Participation in the LEAP will involve:

- **Monthly online meetings** (1-2 hours)
Note: These are likely to be scheduled 09:00 – 17:00, Mon-Fri
- **An annual in-person meeting** held in Oxford (half/full-day)

The initial duration of involvement is **18-months, with potential extension** if mutually agreed. A review of participation will take place at 12-months, though panel members are **free to withdraw at any time**.

Whilst we encourage you to attend the monthly meetings, we recognise that symptoms and circumstances may fluctuate, and we will be flexible and supportive regarding participation.

Payment

Payment will be **£30 p/hr** for your time and expertise for the **online meetings**.

For the **annual in-person meeting**, the payment will be **£165 pro rata** (plus reasonable travel expenses). This is as per the National Institute of Health Research (NIHR) day rate.

Responsibilities

As part of the LEAP you will be asked to:

- **Attend and contribute actively** to meetings and discussions
- Provide **insights based on your lived experience** with worry/rumination
- Contribute to the **development and refinement** of research methods, materials, and communications
- **Review** study documents and materials to ensure they are appropriate, accessible, and user-friendly
- **Co-produce** guides and resources alongside researchers
- Suggest effective ways to engage with and distribute research findings

Note: While lived experience is central to this role, discussions should focus on informing research rather than sharing detailed personal medical histories or treatment advice.

What you can expect from us

- **Clear communication**, including agendas and materials shared in advance of meetings
- A **respectful environment** that values your contributions, including a commitment to incorporate your feedback meaningfully into the project where possible
- **Transparency** about what can and cannot be implemented, and why
- **Updates** on how your input has influenced the project
- Ongoing **support and check-ins** to ensure a positive experience within the group
- Accommodations during meetings such as auto-captions and breaks

Next Steps

If you are interested in joining the LEAP, please complete the [online application form](#).

A short-list will be **interviewed to assess suitability** and ensure a **range of experiences** in the group from which the LEAP will be selected.

If you have any **questions** about the role or application process, you can email barbara.robinson@ndcn.ox.ac.uk.

