

Appendix 1

What it is

- ❖ The Health Narratives Research Process (HeNReP) is a free, non-credit, open-discipline, non-hierarchical process that has been offered in association with the Health, Arts and Humanities Program of the Department of Psychiatry in the University of Toronto since 2015 as the Health Narratives Research Group (HeNReG) from the first week in October to the last week in April.
- ❖ Unlike the HeNReG, the HeNReP is not tied to the yearly calendar as the process is available to individual participants at any time throughout the year.
- ❖ The aim of the process is to help reduce the depression and anxiety often found in researchers in relation to their research from burnout.
- ❖ This is accomplished by the participant and the facilitator engaging in online structured writing exercises that attempt to order their thinking processes regarding their research related to health.
- ❖ The facilitator/founder/originator is Carol Nash PhD, Scholar in Residence, History of Medicine Program, Department of Psychiatry, Temerty Faculty of Medicine, University of Toronto.
- ❖ The facilitator participates as an equal participant of the process.
- ❖ The process takes place online over the Facebook platform taking a minimum of 28 postings to complete.
- ❖ Prompts are sent to the participant over the private Facebook group set up for each individual participant in association with the facilitator.

The prompts

- ❖ The prompts are arranged in a particular order.
- ❖ The first prompt of the process is “Describe yourself regarding your research related to health”.
- ❖ This prompt represents the story about yourself that will be the basis of your answer to each of the prompts that follow.
- ❖ The purpose of the prompts is to take your story and develop it into a narrative with a particular point of view.
- ❖ In relation to this story developed, the aim of the responses to the prompts is to create a structure to understanding each participant’s research program.
- ❖ The prompts are questions and will be arranged from those that are most objective to those that are

increasingly subjective.

- ❖ The order will be questions beginning with “when”, “where”, “who”, “what”, “how”, and then “why”.
- ❖ There are 28 individual prompts (including the first prompt requesting a description).
- ❖ After the initial prompt, the first four questions (“when”, “where”, “who”, “what”) will have four different prompts; “how” questions will have five different prompts, and “why” questions will have six different prompts each.
- ❖ The facilitator will pose the prompt on the private Facebook group set up for the interaction between the participant and facilitator.
- ❖ The participant will ask a question of facilitator following providing a response to the prompt (and vice versa) in the private Facebook group making sure the question begins with the same word the focus of the particular prompt.
- ❖ The participant should aim for their responses to take no longer than five minutes of continuous typing.

Method of the HeNReP

- ❖ The HeNReP is a form of qualitative research known as narrative research.
- ❖ Narrative research represents varying perspectives of a story that can be constructed to make experience comprehensible.
- ❖ Narrative research treats data as stories where narrative data result from a communication exchange and an understanding of how human actions are related to the social context in which they occur.
- ❖ Truth in this particular form of narrative research is considered to be like a landscape with obstacles.
- ❖ Both participants are equal in having a unique position on the landscape. The type of obstacles each participant has relates to their position and determines their point of view.
- ❖ To try to visualize the landscape is to re-search.
- ❖ To re-search is what is assumed by the word “research” for the purpose of the process.
- ❖ There are two ways to research in this analogy: discipline-based and narrative.
 - ◆ In discipline-based research:
 - Obstacles in the landscape are barriers to eliminate through climbing higher.
 - Higher views supersede lower ones because research is considered hierarchical.
 - The purpose is to create the most accurate aerial

view of the landscape.

- The view at the top is the desired view.
- ♦ In narrative research:
 - Obstacles in the landscape are landmarks acting as guides in finding a route around them.
 - Each person's point of view is equal because research to find these routes is seen as non-hierarchical.
 - The routes created from one point of view to another can be added together.
 - All points of view are necessary to add together in successfully navigating the landscape.
- ❖ The HeNReP accepts the value of discipline-based research but uses narrative research to create as many routes as possible from the participant's point of view to that of the facilitators, similar to a "street view" in Google maps.

Joining

- ❖ A potential participant emails or messengers the facilitator stating their interest in joining the HeNReP and indicating their research interest related to health.
- ❖ Participation requires a willingness to participate online using a private Facebook group.
- ❖ A participant can join at any time.
- ❖ By joining, a participant agrees their responses may be anonymously referenced in presentations given and/or scholarly articles written by the facilitator regarding the results of the HeNReP.

Online participation

- ❖ A separate private Facebook group is set up for each participant of the HeNReP.
- ❖ A participant of the HeNReP must become a Facebook friend of the facilitator in order to be invited to the private Facebook group.
- ❖ The participant is encouraged to read the posts on the private Facebook group and respond to questions that they receive from the facilitator.
- ❖ The participant may post links they think relevant to the private Facebook group.

Feedback

- ❖ Feedback for the HeNReP will be formally requested after the final "why" prompt by the facilitator.
- ❖ The feedback form will be one common to the Health, Arts and Humanities Program of the Department of Psychiatry.
- ❖ The feedback form will be a Google survey to be completed online.
- ❖ The participant is asked to complete the Google survey within two weeks of the end of the process.
- ❖ The feedback forms remain the possession of the facilitator and will be kept private with the facilitator.
- ❖ Feedback forms data may be referenced for academic purposes only by the facilitator, always keeping the identities of the participant anonymous.