



Service Priorities and Programmes Electronic Presentations

Convention ID: 1145

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Hope Story for the Recovery Journey of People with Severe Mental Illness

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Keywords:

Cognitive theory of hope

Hope stories

Hope

Recovery

Psychiatry

Introduction

Hope plays a significant role in the recovery process of severe mental illness in Persons in Recovery (PIRs). However, there are very few theory-based and evidence-informed tool to facilitate development of hope-inspiring programmes.

Objectives

1. Produce 10 hope stories with animated illustrations capturing the role of Hope for the recovery journey for PIRs.
2. Promote the cognitive concept of Hope among participated interviewees, student volunteers, and mental health workers.
3. Evaluate the use of the Hope stories as evidence-informed tools for hope-instilling intervention programmes.

Methodology

1. Semi-structured interviews were conducted by trained mentors and student volunteers to gather information on Hope-related life stories from PIRs and write up raw Hope stories consisted of cognitive constructs of Hope. These include goal-setting, way-power and willpower.
2. Stories were refined based on independent review conducted by experts in Hope theories and inter-rater reliability check for the presence of these Hope constructs.
3. Books, DVD and videos were produced as vehicles for the Hope stories and available in HA channel.
4. Training for mental health workers to use the Hope stories.
5. Evaluate the efficacy of using the Hope stories produced for training of workers and intervention for PIR by structured survey which gathered feedback on 7 areas (i.e., understanding hope concept, setting recovery goals, setting pathways, increasing motivation, subgoaling, adjusting goals in face of difficulties, and recommending the hope story book to others).

Result

Among 215 PIRs who responded to the survey, 63-78% strongly agreed or agreed that the animated hope stories were effective in helping them to understand hope concepts, set their recovery goals, set pathways to reach their goals, sustain their motivation when faced with difficulties, respectively. Around 75% of the participants strongly agreed or agreed that they would recommend the book / DVD to other PIRs. Among 182 mental health professionals who responded to the survey, 78-95% strongly agreed or agreed that the hope stories were useful in the areas evaluated and would recommend the book for others.

The stringent production process of the hope stories, the different forms of programmes generated out of these stories may serve as a prototype for developing evidence-informed hope-inspiring work in psychiatric rehabilitation.