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Never say enough in psychiatric recovery: Growth-oriented programme for people suffering from schizophrenia spectrum disorder

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Introduction

Recovery-oriented practice places much emphasis on holistic approach to help Persons-In-Recovery (PIRs) to rediscover self, explore personal strengths and growth in the presence of psychiatric symptoms so as to live a hopeful and meaningful life. In line with the recovery practice, a growth-oriented programme was designed and first introduced in Psychiatric Rehabilitation Department of KCH. The programme consists of five indispensable elements of personal growth and recovery (Acceptance, Trust, Adaptability to Change, Forgiveness and Gratitude). In the programme, PIRs are invited to start a journey of self-discovery, reflecting and reviewing their life value and attitude, aiming at enhancing participants' happiness level, self-esteem and empowering them to develop positive attitudes and adaptive skills to manage the ups and downs in their lives.

Objectives

To develop and evaluate a growth-oriented programme for people suffering from schizophrenia spectrum disorder

Methodology

PIRs with schizophrenia spectrum disorder aged from 16 to 64 under care of Psychiatric Rehabilitation Department were recruited into the pilot programme which was delivered by two nurses making use of games, discussion, self-reflection and sharing. Subjective Happiness Scale (SHS) and Rosenberg's Self-Esteem Scale (RSES) were used to measure pre and post difference of happiness and self-esteem level respectively. Moreover, all participants have been interviewed to seek narrative comments after the program.

Result

Two groups had been completed in 2017. There were 14 participants recruited (M:F= 9:5; mean age= 52) and 11 of them completed both pre and post assessments. The mean score of SHS increased by 1 (paired t-test, $p < 0.05$, 95% C.I.=0.09 to 1.73); the

mean score of RSES increased by 1.8 (paired t-test, $p < 0.05$, 95% C.I.=0.12 to 3.51). As a result, the happiness level and self-esteem of participants had been enhanced by the programme. Furthermore, positive narrative feedback was collected from participants such as “原來過去遇到的困難都是有它的價值”，“我要學習去接納自己同別人的過錯”，“我要多些欣賞自己的優點”。The result of the pilot showed the growth-oriented program is applicable to people suffering from schizophrenia spectrum disorder and the programme is worth building up on current foundation of recovery practice in Psychiatric Rehabilitation Department.